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*Bell Primary School is a caring community that fosters a love of learning in young people. At school and beyond, students are confident to think critically and empowered to thrive in a rapidly evolving world. We are grounded by our school values of **resilience, creativity, curiosity, collaboration and respect**.*

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*Bell Primary School is a Child Safe School. We are committed to the safety and wellbeing of all children and young people, and have zero tolerance for child abuse.*

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*Bell Primary School acknowledges the Wurundjeri people of the Kulin Nation as the traditional custodians of the land the school is located upon, and pays respect to Elders past, present and emerging.*



## From our Assistant Principal:

### David on Leave

David is currently on personal leave for at least the next week as he recovers from minor surgery. On behalf of the community, I would like to take this opportunity to express to David our best wishes and a speedy return to Bell.

### Remote and Flexible Learning 2.0

Staff have had a busy morning, meeting together to prepare for the re-commencement of Remote and Flexible Learning from this afternoon and continuing for Monday and Tuesday next week. We would like to thank our staff for their ongoing flexibility and commitment to maintaining learning continuity for our students.

Daily Morning Meetings will take place on Monday and Tuesday morning. These meetings will be an opportunity to:

- mark the attendance roll.
- provide a wellbeing focused check-in and support for students to reflect on their readiness for learning.
- discuss the suggested timetable and learning tasks for the day.
- clarify any questions and conclude with an academic focus on one of the day's tasks.

Supporting student engagement and wellbeing remains a key priority and we acknowledge that during any period of lockdown and Remote and Flexible Learning, maintaining connections can be challenging. Wellbeing conferences with the classroom teacher and optional wellbeing conferences with Specialist teachers on Monday and Tuesday, will offer students opportunities to maintain these important connections with their friends, peers and teachers.

Earlier, a document outlining our approach to this short period of Remote and Flexible Learning was sent out via Compass Newsfeed. Should there be an extension of the remote learning period, further information will be communicated with parents/carers early next week.

We continue to adapt our delivery and adjust it to suit each period of Remote and Flexible Learning. This ensures a balanced and manageable approach for everyone. We appreciate the ongoing support that parents/carers have provided in the past and continue to give during this time.

While completion of all learning tasks is important, we understand that in some instances, families need to prioritise particular tasks to suit their family arrangements. As always, we just ask that families do the best they can.

### Semester Reports

Student reports for Semester 1 are now accessible to parents online via Compass. A Newsfeed item was posted today that included a Learning Assets document which outlines our process of inquiry and provides an explanation of the Learning Assets. The Learning Assets will be referenced in your child's comments this semester.

Semester reports show your child's progress on the Victorian F-10 Curriculum. They include information regarding their achievements, how they are progressing and areas for future learning. Where appropriate, we encourage parents/carers to share your child's report with them and celebrate their learning progress as well as discussing the areas that will continue to be a focus for future learning.

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For readability, ***we suggest accessing your child's report on Compass via a computer or larger mobile device such as an iPad*** rather than a mobile phone. Hard copies will be made available by request. Please contact the office if you require a hard copy.

To access your child's report through Compass, please open the App or browser, open your child's Profile (tap their photo), navigate to the Reports tab, then click on 2021 Semester 1 Reports. Reports can be printed from here.

**If you are unable to see the Reports tab, please try refreshing your browser or logging out and back in. Please contact the office if you continue to experience difficulties.**

#### **Parent/Carer-Teacher Conferences**

Unfortunately, we have had to make the decision to postpone Parent/Carer-Teacher Conferences that were scheduled for next week. A new date for Parent/Carer-Teacher Conferences will be determined and communicated with families as soon as there is greater certainty regarding the current situation and any restrictions that may be in place.

#### **Planning Week**

This week was planning week for almost all of our teaching teams, which meant that your child/ren would have had all of their Specialist classes on the one day. Planning weeks are scheduled for teachers in the same grade level to work together to reflect on the previous term and plan the curriculum, assessment and key learning opportunities for the term ahead. Through collaboration and utilising best practice approaches, teams are able to collectively plan for consistent and high-quality teaching and learning opportunities for our students.

Upon our return to school, we will commence with the regular specialist timetable that will assist in re-establishing routines and structure across the school for the rest of the term.

Stay safe and well.

***Emma Heywood***  
***Assistant Principal***

# From the Office:

## 2021 Calendar

\* Please note change of dates for Grade 4 Camp

Dates for  
the Diary:

### JULY

- Mon 19: ~~Years 1 + 5~~ Parent-Carer Teacher Conferences
- Tue 20: ~~Years 2, 3 + 4~~ Parent-Carer Teacher Conferences
- Tue 20: ~~Gr4,5+6:~~ Bully Zero W/shop 'Safety Net'
- Tue 20: ~~Parent~~ Info Session: Bully Zero 'It takes a Village'
- Wed 21: ~~Year 6~~ Parent-Carer Teacher Conferences
- Thu 22: ~~Gr4-6~~ Bell PS Athletics Carnival (to be advised)
- Thu 22: ~~Victorian State School Spectacular~~ Workshop
- Thu 22: ~~Prep~~ Parent-Carer Teacher Conferences
- Thu 22: ~~Specialists~~ Parent-Carer Teacher Conferences
- Mon 26: ~~Gr6~~ Northcote District Winter Sport Carnival (tbc)
- Tue 27: ~~Gr5-6:~~ Bully Zero W/shop 'Resilience' (tbc)

### AUGUST

- Sun 1: *Scholastic Book Club Orders Close*
- Thu 5: Boite Chorus, Melbourne Town Hall (tbc)

• Fri 6: *Bell Trivia Night*

- Thu 19: District Athletics
- Mon 23: Victorian State School Spectacular Workshop
- Fri 27: Victorian State School Spectacular Workshop

### SEPTEMBER

- Thu 2: Bell Writer's Festival
- Fri 3: District Basketball
- Fri 3: Father's + Special Person's Day Stall
- Thu 9+Fri 10: Victorian State School Spectacular *Rehearsal*
- Sat 11: Victorian State School Spectacular!!!
- Wed 15 – Fri 17: **Grade 5** Camp Waratah Bay
- Fri 17: Last Day Term 3, 2.30pm dismissal

### OCTOBER

- Mon 4: First Day Term 4
- Wed 6-Thu7: **Grade 3** Camp Sovereign Hill

### NOVEMBER

- Tue 2: *Melbourne Cup Public Holiday*
- Wed 10: District Triathlon

• Sat 13: *Bell Community Carnival (Fete)*

- Tue 23: **Gr6:** Bully Zero W/shop 'New Beginnings'
- Mon 29 – Wed 1: **Grade 4** Camp Maldon

### DECEMBER

- Thu 9: Bell Swimming Carnival
- Fri 17: Final Day Term 4 2021

### 2021 STUDENT TERM DATES:

Term 2: Monday 19 April – Friday 25 June

Term 3: Monday 12 July – Friday 17 September

Term 4: Monday 4 October – Friday 17 December

## Payments Due or Outstanding

ITEM: (under <i>Payments</i> in Qkr!)	DUE BY:	AMOUNT:	METHOD:
<b>Prep, 1, 2, 3:</b> Essential Student Learning Items ( <i>stationery</i> ) per child	Wed 19 May	\$125	Qkr!
<b>Prep, 1, 2, 3:</b> Essential Learning Items ( <i>bulk/online</i> ) per child	Wed 19 May	\$100	Qkr!
<b>Gr 4, 5, 6:</b> Essential Student Learning Items ( <i>stationery</i> ) per child	Wed 19 May	\$115	Qkr!
<b>Gr 4, 5, 6:</b> Essential Learning Items ( <i>bulk/online</i> ) per child	Wed 19 May	\$90	Qkr!
<b>All Grades:</b> Educational Program Voluntary Contribution per child	Wed 19 May	\$55	Qkr!
ITEM: (under <i>Excursions</i> in Qkr!)	DUE BY:	AMOUNT:	METHOD:
<b>Grade 4:</b> Camp Maldon	tbc	\$290	Qkr!
<b>Selected:</b> Tournament of Minds	Fri 23 Jul	\$10	Qkr!
<b>Grades 4-6:</b> Bell PS Athletics Carnival	Mon 19 Jul	\$13	Qkr!
<b>Gr6:</b> Northcote District Winter Sport Carnival	Wed 21 Jul	\$22	Qkr!

## Classroom Cuisine Lunch Orders



A reminder to always pack some extra snacks for your child/ren if you have ordered a Classroom Cuisine lunch. More often than not, the delivery arrives in time for the **11.30am** eating time, but as Fridays are the busiest day for lunch orders Melbourne-wide, delivery can sometimes be much later. This is where the snacks come in handy! The next eating time is not until **2.00pm**.



## DOCTOR APPT, DENTIST APPT, SCHOOL TOUR, ETC???

# PLEASE DON'T TOUCH YOUR COMPASS APP!

If you are arriving late or leaving early, the ONLY thing we need **you** to do is either sign in LATE at the office (WITH YOUR CHILD), or sign out EARLY at the office before collecting your child.

## Uniforms – New: PSW

All Bell Primary School uniform pieces, including hats and bags, can be purchased from PSW, 12 Strathalbyn Street, Kew East, or anytime online at [PSW](#). You can contact PSW on 9768 0381.

## Uniforms - Second Hand: QR Code News

Our Second Hand Uniform Shop is currently open from 9.00am on the **first Monday of the month (volunteer Nicole)** and **every Wednesday morning (volunteer Kim)**. Please follow the five instructions below:

1. Book a time by calling the office on 9480 5622.
2. Check in to the Admin Building with the **QR code** on the front door.
3. Sign in at the office on the kiosk (so we know who is on School grounds at any time).
4. Check in with a separate **QR code** at the Second Hand Uniform Shop.
5. Sign out at the office on the kiosk.

## External Providers

Details regarding lessons offered by our External Providers, eg: **keyboard, violin, guitar, French, sport, singing/dancing**, can be found on our website – [www.bellps.vic.edu.au](http://www.bellps.vic.edu.au) - under the 'Community', 'External Providers' tab. Please make direct contact.

## Parent Messages for Students

To ensure 'change of plan' messages are communicated to your child/ren in time, please ensure you contact the office as early in the day as possible. Ideally, 'end of day' messages (3.20-3.30pm) via the office should be avoided as much as possible, given the challenge of communicating details to students in the midst of busy packing-up time in a classroom. Messages to remind students to attend OSH Club are unnecessary as OSH Club staff always make 'reminder' announcements for students who are booked in but have not yet shown up.

# SPECIALIST 'METAL OF HONOUR' AWARD

A huge CONGRATULATIONS to 3/4A for winning the 'Metal of Honour' Specialist Award for Term 2! A fantastic effort from the whole team.

3/4A have been working hard demonstrating the school values and working on the Learning Assets in all their Specialist classes.

The Specialist team would like to congratulate every class in the school for doing an amazing job in all their Specialist classes.

Rock on!

Josh, Signora Elyssa, Miss Corinne and Ms S.





# GOOD LUCK LISA!

The Bell Community is VERY excited to wish one of our parents, **Lisa Weightman**, the best of luck at the **2021 Tokyo Olympics**. Lisa comes from a family of Bell students, including herself, her Dad, sister, nephew and now her son Pete. Rumour has it Lisa did her first run at Bell and now she is competing in the marathon at her 4th Olympic Games!

We were thrilled today to receive the following video from Lisa:

[https://drive.google.com/file/d/1ftU3bFvjVoig\\_2psJfcoIE0LaitBTR5/view?usp=sharing](https://drive.google.com/file/d/1ftU3bFvjVoig_2psJfcoIE0LaitBTR5/view?usp=sharing)

We have the wheels in motion for different ways we will be showing our support and wishing Lisa the very best of luck from the entire Bell Community. We currently have a display in the office and are looking forward to post-lockdown, where we can welcome our Bell parents and carers, on behalf of their family, to come into the office and continue to leave Lisa messages of support. She is currently in Queensland getting ready to head to Japan at the end of the month. We wish her all the best and can't WAIT to watch her run the marathon in Japan on **Saturday 7 August**.



# Book Club OUT NOW!

**ISSUE 5** **ORDERS DUE BACK BY:**

## Book Club

**WELCOME TO Book Club**  
Want to learn more?  
See our Parents' Guide  
[scholastic.com.au/parents](http://scholastic.com.au/parents)

**NEW! Mega Monster**  
Crash Schind stands on top of a volcano, surrounded by shark-infested waters, and the teachers are terrifying!  
184 pp. AGES 8+  
\$18.00 CLUB PRICE

**NEW! Spotty Puppy**  
Ela finds a spotty puppy in the park, but who does it belong to?  
48 pp. AGES 4+  
\$4.99

**NEW! Camp Gold Rush**  
Ela is at camp where they look for gold and uncover a mystery!  
144 pp. AGES 7+  
\$4.99

**NEW! Mega Rock, Fossil & Mineral Collection & Activity Kit**  
Learn about rocks and gems with this amazing collection, with this amazing collection, Jumbo learning mat, membership 4 pieces, display case. AGES 8+  
\$35.00 CLUB PRICE

**NEW! Pig the Monster**  
It's Halloween and Pig is putting out all the tricks for maximum trouble!  
34 pp. hardcover. AGES 3+  
\$12.00 CLUB PRICE

**NEW! Ninja Dog!**  
Grandma's latest invention has turned Farnon and Flann into dogs!  
152 pp. AGES 7+  
\$4.99

**NEW! Dragon Diary**  
Keep your secrets safe in this lovable journal.  
72 pp. hardcover, pocket and 2 pens. AGES 8+  
\$17.00 CLUB PRICE

**NEW! Suki, Alone**  
Suki is captured by the Fire Nation and tries to create a community with the other prisoners.  
80 pp. AGES 8+  
\$18.00 CLUB PRICE

**NEW! Just Joking**  
Full of hilarious jokes to crack you up!  
16 pp. AGES 4+  
\$3.00 CLUB PRICE

**NEW! The Wildest Book Week Ever!**  
A hilarious look at children dressing up for Book Week!  
24 pp. AGES 3+  
\$4.99

**EVERY CHILD DESERVES A BOOK**

**SCHOLASTIC**









**SAVE THE DATE! THE FAMOUS BELL PRIMARY SCHOOL TRIVIA NIGHT RETURNS IN 2021!**

**Friday 6 August : Doors open 7pm : Trivia starts 8pm : Thornbury Theatre, 859 High St, Thornbury**  
**Tickets \$300 per table of ten : Games, raffles, prizes, dancing – bring your bag of gold coins!**

Due to the current Covid restrictions, we have postponed ticket sales until Tuesday 13 July.  
 Get your tables of ten ready and find a table captain!



# From the Wellbeing Office:

## When You Have a Worrier in your Family

Do you have a worrier in your family? Do you have a child who worries or over-thinks things? If so, it's worth remembering that rumination is the ruination of a peaceful mind.

If you've ever spent a sleepless night worrying then you'll know how problems always seem bigger when you keep tossing them around in your head. It can seem like everything is stacked against you. When this happens you've got to find the off switch so you can get away from your worries for a while.

The same principle holds for children and teenagers when they worry. Their problems just seem to get bigger and they need to turn them off or tone them down so they can ease their anxiety.

Here is a range of strategies taken from our Parenting Anxious Kids online course that you can teach your kids to prevent them from ruminating – going over the same thoughts and worries over and over again. Sometimes it takes a wise adult to remind children and young people about what really is important to them.

### **Broaden their vision**

Kids get tunnel vision when they worry. They often can't see the bigger picture. For instance, a young person may fret over minor work matters such as getting the exact font match for an assignment they are working on, and neglect to get the sleep necessary for good learning the next day. Sometimes it takes a wise adult to remind children and young people about what really is important to them.

### **Put their attention elsewhere**

Placing attention away from worries is an age old technique for parents and teachers. Commonly known as distraction, the act of focusing attention on something other than what causes them distress is vital for good mental health. Examples of distractions include – going outside, playing a game, shooting some basketball hoops or listening to music.

### **Give the worry a name**

Somehow giving a worry a name makes it feel less scary and more manageable. A wonderful picture storybook for toddlers called *'There's a Hippopotamus on our Roof'* by Hazel Edwards personifies fear of the dark as a friendly hippo. Much more friendly and easier to boss around if you're a child.

### **Put their worries in a jar**

Wouldn't it be great to put all your worries into a safe and throw away the key? As an adult you may do this when you take time out to watch your favourite TV show; or lose yourself wandering for hours online. Children need something a little more practical. They can write their worries on some paper and lock them in away in a jar by the side of the bed at the end of the day. It's good to know that their worries can't get out because they are locked up tight.

### **Limit talking time**

It's good if kids can talk about what's on their mind but talking needs to be contained to prevent their worries from dominating their lives. Set aside ten minutes a day to talk about their worries and then put worry time aside until tomorrow. This is not about shutting kids down but teaching them they can change tack in their thinking rather than go over the same old thoughts again and again.

### **Normalise rather than lionise their anxiety**

Anxious kids are very sensitive to their parents' concerns and worries. One way we build their concerns is by continually reassuring them that things will be fine. One reassurance should be sufficient most of the time followed by *"I've already talked to you about that."* Continually going over old ground can allow worries to linger longer than necessary.

### **Give them the tools to relax**

Some people can relax in front of the TV, and it is enough for them to take their mind off their worries. Some people need a bigger set of tools including mindfulness and exercise to help them neutralise our worries. Talk with your kids about how they relax; share what works for you and help them explore relaxation techniques that will fit their interests, age and lifestyles.

### **Move baby move**

Get kids moving. Physical exercise is not only a great distraction but it release feel-good endorphins that help children and young people feel better and more optimistic about the future.

### **Let their subconscious minds solve their problems**

A wonderful strategy is the notion of allowing the sub-conscious mind to solve problems. There's a good body of research that points to the power of the sub-conscious mind solving problems when we are asleep. If you've ever woken at four o'clock in the morning with an 'aha!' moment, where everything seems clear, then you'll have experienced the sub-conscious mind at work. Talk about the sub-conscious mind with your kids and let them know that they can give their sub-conscious permission to go to work. "Okay, I'm not going to think about this anymore. My sub-conscious can solve this now."



**Michael Grose**

## Parentline:

Parentline is a phone service for parents and carers of children from birth to 18 years old. They offer confidential and anonymous counselling and support on parenting issues.



### What they do

The qualified counsellors are available to:

- talk about any issues to do with parenting and relationships
- help with ways to cope and be a positive parent
- help with families' wellbeing and resilience
- connect parents with services in their area.

### Your call

- Calls are confidential and anonymous.
- Calls are not time limited and parents can call back as often as needed.
- Qualified and experienced counsellors have social work or psychology backgrounds.

Some reasons to ring Parentline include:

- child behaviour and development
- parent / carer child relationships
- education
- bullying
- living with teenagers
- family violence
- family breakdown
- parental stress



## From the Wellbeing Office: Child Safe

Bell Primary School is committed to the safety and wellbeing of all children and young people. This will be the primary focus of our care and decision-making.

Bell Primary School has zero tolerance for child abuse.

We are committed to providing a child safe environment where children and young people are safe and feel safe, and their voices are heard about decisions that affect their lives. Particular attention will be paid to the cultural safety of Aboriginal and Torres Strait Islander children and children from culturally and/or linguistically diverse backgrounds, as well as the safety of children with a disability and children who are vulnerable.

Every person involved in Bell Primary School has a responsibility to understand the important and specific role they play individually and collectively to ensure that the wellbeing and safety of all children and young people is at the forefront of all they do and every decision they make.

On arrival at Bell Primary School, all volunteers, visitors and contractors **must** make contact with the office, sign in at the front desk and wear a visitor's badge while on site.

Please [CLICK HERE](#) to see specific policies on our website.

**PROTECT**

Everyone has the right to be safe and be protected from abuse.

No one should behave in a way that makes you feel unsafe or afraid, including anyone in your family, anyone at school or anywhere else in the community.

Tell a teacher or any adult at your school if you feel unsafe.

It's everyone's responsibility.

Adults at school must listen and respond to concerns about child abuse.

If you suspect abuse of any child or young person, you have a responsibility to report it, even if you are not sure.

Further information & resources  
[www.education.vic.gov.au/protect](http://www.education.vic.gov.au/protect)

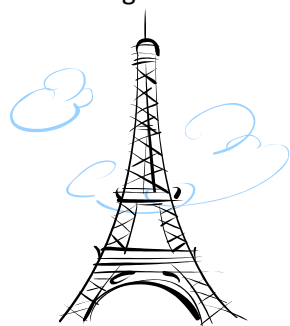
THE EDUCATION STATE  
VICTORIA  
Department of Education and Training  
Bendigo  
CECV  
Child Education Centre of Victoria  
Victorian Registration & Qualifications Authority

# For the Bell Community

## Bell French Club

Foreign language learning strengthens critical and creative thinking, informs one's mother tongue, and opens up a world of possibilities.

We have been operating at Bell PS for 10 years, almost always at capacity. We help foster curiosity and a sense of achievement. Our early cohorts are now in Year 11 and 12 and embracing French at VCE level.



Small group learning with a highly experienced teacher.

Children of all ages and experience welcome.

**Thursdays 3.45pm-4.45pm.**

Jim Callahan

[jim.callahan@lcfclubs.com.au](mailto:jim.callahan@lcfclubs.com.au)

0432 719 034



**Instrumental Music Lessons**  
On School Campus!



### Small Group & Private Lessons

- Primary Music Institute offer instrumental music lessons right here on school campus!
- To find out all about the music lessons please visit PMI's website. You can check which instruments are available, get up to date program details and apply for lessons online
- Please **ENROL TODAY** via PMI's website
- Lessons are held once per week on school campus – with lessons typically during & outside school hours
- Only \$19.50 per child per small group lesson (2-5 students for 30 minutes)
- Our small group lessons provide a fun and affordable opportunity to learn instrumental music
- Private lessons (1-on-1) and pair lessons (max 2 students) are also available
- Instrumental music can improve your child's school results – including for reading, maths, coordination, IQ, abstract reasoning, performance confidence... and is great fun!

P: 1300 362 824

E: [admin@primarymusicinstitute.com.au](mailto:admin@primarymusicinstitute.com.au)

[www.primarymusicinstitute.com.au](http://www.primarymusicinstitute.com.au)