

BELMONT PRIMARY SCHOOL
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 Principal: David Houghton
 Assistant Principal: Sharon Liddle



BELMONT BULLETIN
NO. 18 27th June 2019

DATES TO REMEMBER

TODAY	27th June	2:00pm – 7:00pm	Parent Teacher Interviews
TOMORROW	28TH June	After Assembly	Annual Report to the Community
TOMORROW	28th June		Tracky Dack Casual Dress Day - Gold coin donation for TLC for Kids
TOMORROW	28th June	9:00am- 2:30pm	Last Day for Term 2 – Note early dismissal time
Monday	15th July		First day for Term 3
Wednesday	24th July	7:30pm	Parents Club Meeting
Mon - Wed	19th – 21st Aug		Grade 3/4 Cavehill Creek Camp
Wednesday	11th September		School Concert
Friday	25th October		Greatest Showman Sing A-long Movie Night

Student of the week

Congratulations to the following students whose efforts, behaviour and attitude have been recognised

Annie C	Prep G	For being a kind and caring Prep G class member. You are always looking out for others and willing to help everyone. Keep up the great work!
Kay S	Prep V	For drawing the 'problem' and the 'solution' from the book Mice in The Kitchen! Well done Kay.
Audrey F	1/2 C	For consistently being a positive member of our classroom and always engaging in activities, trying her best, listening to and applying feedback and being a great friend to all. What a superstar!
Emma N	1/2 M	For working hard on her reading tasks, especially her take on her favourite book, Pearl the Unicorn. Top work Emma!
Isabelle M	1/2 P	For presenting her oral presentation about her Mum with the most wonderful confidence. You blew the class away with your amazing eye contact!
Amy C	1/2 T	For doing such an amazing job on her first oral presentation! You spoke clearly and shared many interesting facts with your classmates. I'm so proud of how brave you were!
Libby M	3/4C	For presenting a wonderful project on the Geelong Botanical Gardens. Well done Libby.
Grace B	3/4 E	For working hard to create a wonderful presentation on Carrie Moore. Your slides were beautifully designed, informative and incredibly detailed. What a wonderful job you did!
Oscar D	3/4 L	For your amazing work with your Integrated project this week! You accepted advice, and acted on this straight away so that you could present your best work. You're amazing!
Jake S	5/6 L	For being a kind and caring class member who displays an excellent attitude towards his learning and always putting 100% effort into all tasks! Keep up the amazing work Jake!
Lauren H		For putting an amazing effort into her character journal for our Gold Rush Gala Day. Well done for working hard to produce an interesting, informative and creative journal Lauren!
Maeve D	5/6 S	For working so hard in our Gold Rush unit and demonstrating a fantastic level of understanding. Well done Maeve!
Brody M	5/6 T	For displaying a high level of skill and understanding during our numeracy sessions. In particular when converting between fractions, decimals and percentages.
Zari P	ITALIAN	For working so well on activities about clothing items.

PRINCIPAL'S REPORT

Students of the week



IMPORTANT REMINDER

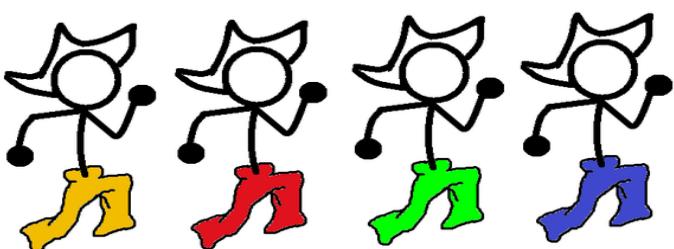
TOMORROW, Friday 28th June, is the final day of Term 2. Please note the early dismissal time is 2:30pm.

School Disco What another great night was had at our now Annual School Disco. The winter chill did not dampen the excitement and dance moves of our 215 students who attended in 4 groups across the evening.



Along with our regular games, dances like the limbo, ever popular Chicken dance and the Macarena, students had a great time. My thanks to our parent and staff helpers, Parents Club who organised the event and our regular music man Tristan. (Details for Tristan available on request) Can't wait for next year.

Tracky Dack Day is tomorrow Friday run by our JSC. Students are all asked to wear their favourite track suit pants and preferred tops. Weather is still expected to be cool across the morning so jumpers will still be needed also.



GALA DAY 5/6s The grade 5/6 classes have been learning about the Gold Rush for their Integrated Studies topic this term. As a celebration of their learning a Gala Day was held in classrooms. Students dressed up in character from the gold rush era and presented their journals and answered questions.

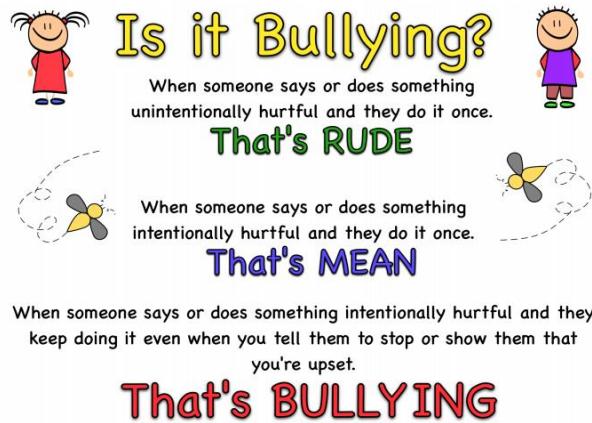


Parent Statements have been sent out last week. We encourage all of our parents to make every effort to contribute toward the cost of their children's education. It may be that parents have simply forgotten or thought that payment had already been made. These statements are current and reflect our records as they stand now.

Our charges for Essential Equipment this year were around \$180 per student for most families. Parents could contribute as little as \$10 per week per child to meet this payment and help the school meet its financial targets and needs. Government Schools receive funding but only enough for the basic provisions and staffing. Parent direct contributions make a real difference for our school and your child(ren).

A very successful School Athletics day was held yesterday. My sincere thanks to all of our competitors, parent helpers and particular thanks to **Mrs Rachel Ryan (PE)** who was instrumental in the organisation of the day along with supporting staff. Our students showed great spirit and effort. This year we had a record number of entries, for example attempting the 800metres, one of the hardest distance events.

Annual Report to the Community will take place tomorrow after assembly. This report focuses on the outcomes and achievements of the school in 2018. This meeting is open to all parents and is likely to run until 10.30am in the Staffroom. Tea and coffee will be available. Toddlers/prams welcome.



Belmont Primary School is proud to announce some exciting baby news for **Mrs Adelle Preston**. Adelle is likely to finish at the end of Term 3. We congratulate Adelle and husband Ferg on this wonderful news.

Sporting Schools Riding Program finished last week culminating in a fun ride to the local bicycle track near K-Mart. The weather did not discriminate with every group caught by a shower or two.

Part of this Federal Grant has helped the school purchase some new bikes for the school. We can use these again for students who do not own a suitable bike for our upcoming 3/4 Bike Education Program planned for later in the year.





TBall players representing BPS.
Finalists. Well done.



Our Junior School Council are asking families to collect milk container tops. These tops cannot be recycled easily but, can be used in the production of prosthetic limbs. The target is 167 caps per grade. Please help them out where you can.



Long Service Leave I will be taking some long service leave next term. Sharon Liddle our Assistant Principal, will be Acting Principal for the period of my leave.

Preparations have begun for the **2019 School Concert**. Keep Wednesday 11th of September free in your calendar for what should be a great night out. Last year we saw sales of over 750 tickets.

Regards from the Principal Team

David Houghton
Principal ☺

Sharon Liddle
and Assistant Principal ☺

PUDDLES AND PELOTONS

Last Friday 21st June the 5/6 students embarked on a cycling excursion to put their learning of Cycling Australia's 'Let's Ride' program into practice, funded by a grant from Sporting Schools Australia. Students safely negotiated riding in a large group (peloton) of up to 26 riders, ensuring they kept a safe distance from the bike in front, manoeuvred around parked cars and were considerate of other users such as pedestrians and fellow cyclists. We rode from school through some quiet residential streets and practiced safe braking on the downhill sections. We (mostly) dodged puddles along the bike path along the Barwon River to arrive at the Belmont Criterium Cycling Track, behind the Barwon Valley Activity Centre. Students rode laps around at their own pace, some completing three laps while we were there! After a few showers we returned to school uphill – practising how to use our low gears and how to stay in single file to ensure the peloton's safety. The Criterium track is 2.2km long, and is free to use and open to the public, no booking required. Can you calculate how many kilometres you rode in total?

Many thanks to Deb Biro and our cycling instructor Jeremy who, along with the classroom teachers helped ensure our groups skill and safety. Students should have received their 'Progress Tracker' sticker chart and helmet bag from Cycling Australia. If your child in Grade 5/6 did not receive these, please come and see Mrs. Ryan to collect them. In addition to this program, each Grade 5/6 student is eligible for a **FREE** 3 month membership to their local cycling club – Geelong Cycling Club, who are based at the Criterium track in Belmont. To take up this offer, simply go to www.letsride.com.au/download-zone/ and enter the password: **2019parents2** then scroll down to **'Membership Offer Step by Step'**. There are also free worksheets and other learning activities in the 'download zone' so be sure to check out the website.

In the school holidays, why not take your family on some cycling adventures to further practice their cycling skills? The Bellarine Rail trail starts at South Geelong Station car park and is an easy, flat ride to Curlewis Golf course, which has some excellent family friendly facilities. Or if you are in Melbourne on the first weekend of the holidays, Skoda and SBS are running a cycling festival: [Melbourne, St Kilda O'Donnell Gardens - Saturday, 29th of June. 10am - 4pm](#) - meet the voice of cycling for SBS, Matt Keenan, alongside champion cyclist and media personality Dr. Bridie O'Donnell, and Giro d'Italia stage-winner Dave McKenzie.

Well done students in Grade 5/6, we received some lovely feedback about your respectful behaviour, listening skills and bike control. Well done!!

Mrs Ryan
PE Teacher and Sports Coordinator

PARENTS CLUB

Disco

Thank you to all the parents and staff who made the disco such a success last Thursday, so many happy movers and shakers on the night.

The disco wouldn't happen without all the parents who take time out of their busy schedules to supervise the students and check them in and out and I am most grateful for their help. Seeing the kids enjoying themselves is the best reward.

Many, many thanks to Kristi Southon who once again took the lead in organising the disco. This is her last year as the disco queen and she deserves her crown as the person who introduced the disco into the school's yearly events.

Once again David excelled in running the whole disco, the games and all the prizes. He was amazing as always, ensuring the children enjoyed the special night.

Expression of interest for BPS movie night. The Greatest Showman Sing-Along at Reading Cinemas Waurn Ponds - **Friday 25 October 6pm.**

We are looking for numbers as an expression of interest for a great family night out at the movies to watch The Greatest Showman in Sing-Along form. Tickets \$15.00 per person. We would like to run this fundraiser but for it to go ahead we are required to sell a minimum of 180 tickets.

Please comment via the Facebook page or a clipboard will be available at the office to register your interest by Friday 26 July. Please add surname and number of tickets, ie. "Williams x 4".

We will then confirm if it is viable to go ahead. Tickets open to family and friends.

If you have any further queries please contact Kirsty, Meagan or Skye.

July Meeting

The next Parents Club meeting will be on Wednesday 24th July, 7:30pm.

Thanks
Skye

LUNCH ORDERS

Due to the early dismissal time of **2:30pm tomorrow** for last day of Term 2, there will be no lunch orders.

GROW AND GOBBLE

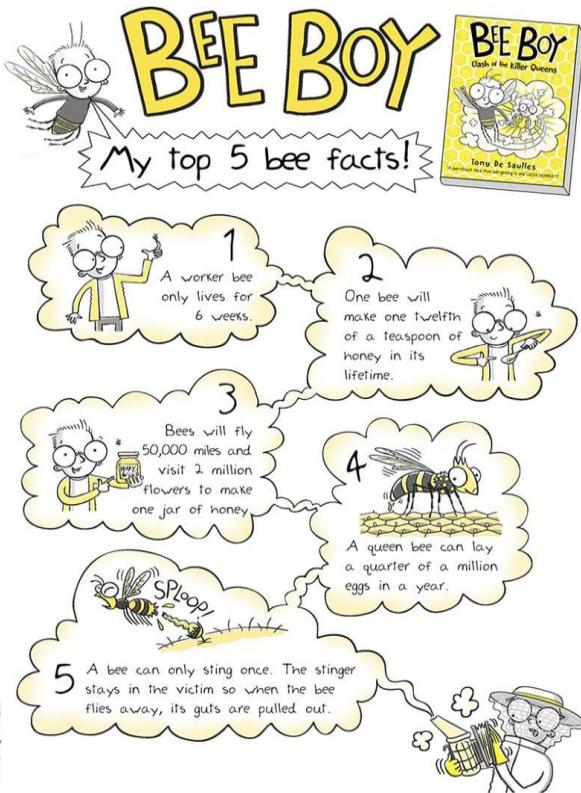


On National Bee Day we learnt many interesting facts about bees.

We looked at some great photos of bees collecting pollen and holding it on their legs.

We watched a you tube clip of the Waggle Dance. Did you know that bees communicate to each other which

direction they found pollen and how far away it is by doing this waggle dance. Google it. We then made some mini bug houses that may attract the Blue Banded Bee if we are lucky. This day we were also fascinated by the stick insect that we found.



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KIDS FIRE SAFETY DAY



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PHYSICAL ACTIVITY

Children and young people should aim for at least 60 minutes of moderate to vigorous physical activity per day involving mainly sedentary activities. The more active the child is, the better. The 60 minutes can be made up of shorter bursts of activity throughout the day that add up to 60 minutes or longer.

Adults should be physically active, as well as those that strengthen muscles and bone, should be incorporated. For the recommended 60 minutes of daily physical activity at least three days per week. In addition, several hours of a variety of light physical activities should be undertaken each day.

TIPS
• Basketball, soccer, netball, lip swimming, skipping or playing handball. Walking your dog or to school is a great way to increase light activity. Some activity is better than none, even if it is just walking around the park. Anything that makes kids 'thrupp' and 'puff' counts!

• Add to the daily total with **moderate-intensity** activities such as bike riding, swimming or skateboarding. Swap a screen-based activity for a walk or take a break.

• Examples of **light activities** include leisurely walking or playing football. Walking your dog or to school is a great way to increase light activity. Some activity is better than none, even if it is just walking around the park. Anything that makes kids 'thrupp' and 'puff' counts!

• Great options to **strengthen muscles and bones** include skipping, running, yoga, jumping, push-ups, sit-ups, lifting weights, lunges, squats, climbing trees or swinging on monkey bars.

• Try to switch screen time being active. Encourage kids to turn off screens and go outside to play in the park rather than spend their free time sedentarily on a screen. These small changes will deliver health benefits, especially for children.

• **Teachers:** you can also help students to add vigorous activity by organising short but intensive aerobic activities into Physical Education lessons and inside the classroom such as tuck jumps or fun simple dance routines.

SEDENTARY BEHAVIOR
Long periods of sitting can counteract the benefits of being physically active so should be kept as low as possible.
Sedentary behaviour is time spent limited to 2 hours per day. This does not include screen-based activities for education uses. Encourage positive social interactions and establish boundaries by discussing time limits and age appropriate content with children and young people.

TIPS
• Parents: be your child's role model and keep your own screen time to a minimum and be active too.

• Parents: leave the car at home and ride or walk together to your local activities. Be active together on the weekend. Encourage active play or learning a new hobby such as rock climbing.

• Teachers: add in physical activity such as star jumps to break up long periods of sitting in school.

SLEEP
Sleep is essential for optimal health.
• Children 6-12 years should have 9 to 11 hours of uninterrupted sleep per night and young people (14-17 years) should have 8 to 10 hours uninterrupted sleep per night.

To establish and maintain healthy sleep patterns, children and young people should have a consistent bedtime and wake-up time before going to bed, and keep screens out of the bedroom.

TIPS
• To keep a **consistent routine** try not to vary bedtime and wake-up times by more than 30 minutes.

• **Avoid screens** one hour before going to bed.
• Make bedrooms a **screen free zone**.



