

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



BELMONT BULLETIN
NO. 22 8th August 2019

DATES TO REMEMBER

Monday	12th, 19th Aug		Prep – Grade 2 Gymnastics Program
Wednesday	14th August	7:00pm	School Council Meeting
Mon - Wed	19th – 21st Aug		Grade 3/4 Cavehill Creek Camp
Wednesday	21st August	7:30pm	Parents Club Meeting in the staffroom
Friday	30th August		Father's Day Stall – Note coming home soon
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

Tully S	Prep G	For always being a kind and responsible class member of Prep G. You are always willing to help others and are a fantastic class room helper! Well done Tully!
Aidan C	Prep V	For taking risks and using his knowledge of letters and sounds to spell new and quite difficult words when he is writing. Well done Aidan!
Blake T	1/2 C	For being so engaged and enthusiastic during our concert rehearsals. Can't wait to see you shine on stage Blake!
William S	1/2 M	For making an excellent effort with in procedural writing this week, giving clear instructions for interesting activities. Good work William!
Marlie F	1/2 P	For her writing an excellent procedural text on how to build a snowman. You added so much detail and took great care with your work!
Emilia H	1/2 T	For fantastic work this week on writing a procedural text about how to get a pet. You always work so hard and should be very proud!
Chloe W	3/4 C	For reading with great expression and fluency during our Guided Reading session. Chloe accurately identified all the punctuation and read with authors intent. Well done Chloe.
Xavier T	3/4 E	For working hard to carefully edit his writing. Keep it up Xavier!
Anna Li	3/4 L	For your amazing reading skills! You analysed the book with great detail, and shared your brilliant ideas in our reading group. Awesome work Anna!
Eden H	5/6 L	For working hard on your speech writing activity this week! Well done for your amazing ideas and interesting vocabulary. It's fantastic to see the effort you consistently put into your writing. Great job!
Matilda M	5/6 S	For her enthusiastic return to school and her wonderful Powerpoint presentation on the government and monarchy in Sweden. Well done Matilda!
Tahlia S	5/6 T	For continually displaying a positive attitude towards all learning tasks and having an enthusiastic approach to your school day.
Zoe F	ITALIAN	For consistently taking pride in the presentation of her work in Italian class.

PRINCIPAL'S REPORT

Students of the Week



June Aussie of the Month



Congratulations to **Zoe M** from 5/6 T who was awarded the June Aussie of the Month Award at assembly last week.

Zoe is an amazingly dedicated student. Within the classroom she continuously sets high standards for herself and for her classmates to follow. She is a very respectful student who interacts extremely positively with her peers and is a great role model for the younger students at Belmont PS. Zoe's attitude is always positive and she perseveres if she is faced with a challenge. Zoe demonstrates outstanding commitment to her learning both at school and in the community where she devotes many after-school hours to her passion for dance. Her attitude and work ethic doesn't alter regardless of the demands on her time. Zoe is polite, responsible and always willing to help out a friend, teacher or member of the Belmont community. Congratulations Zoe! We are very proud of the way you live and model our school values every day.

Special Performance

We are very excited to announce that our school choir will be making its debut performance at assembly tomorrow morning. The students have been working hard with our Choir leader, Samantha Robinson over the past few months and are very excited to perform for us tomorrow.



Assembly Share and Shine

A key part of our weekly assembly is the opportunity for our students to share and shine. Sometimes this involves selected students sharing some of their learning or work and other times it may be a whole class or small group performance. Thank you to James, Griffin and Rosie from 1/2T who last week shared some of their news reports with us. I was very impressed with the way they worked together to hold the microphone for each other so they could each read their news and speak clearly for everyone to hear. Well done super stars!



Assembly Challenge

Last week at assembly, I spoke to our students about simple ways of displaying empathy by undertaking random acts of kindness. Little everyday acts that don't need to cost anything but are opportunities for us to give service to others and in doing so, also feel positive about ourselves. This connected to the information I shared in the newsletter last week about the positive impact that being empathetic has to our own mental health. For the duration of Altruistic August I have invited students to nominate others who they see demonstrating random acts of kindness. Big Ted is sitting outside Mr Houghton's office ready to receive nominations and read all about the wonderful acts of kindness our students are doing for others.



Wednesday 11 September 2019

There is just under five weeks until our School Concert. All classes continue to work with our choreographers, Debbie and Chanelle weekly and there has been lots of practising throughout the week.

Teachers are finalising costume suggestions for each class which will be sent home next week, along with details of how to book tickets through the online ticketing system. Please note that this year, we will be using reserved seating allocations rather than general entry tickets to The Arena.

Our Parents Club will be organising a raffle and are hoping to gain lots of community support in assisting with the prizes and selling tickets to family and friends. Thank you to the families who have already sent along some donations for the raffle prizes. We appreciate your generosity and support.



Parent Opinion Survey

We have had a number of parents ask about the link to the Parent Opinion Survey. The link was forwarded by email **only** to the families who were **randomly selected** to be invited to complete the survey this year.

Our selected families were informed by a diary note a couple of weeks ago alerting them to look for an email from the school. Whilst we know that we have had **28**

responses, we are unable to identify which families have completed the survey, as all responses are anonymous.

The survey period has been extended until August 18, so if you know you received the invitation but cannot locate the email with the link and access details, please contact the office staff and we will happily forward the email to you again. We still need more responses to reach our target of 45.

The process is not as easy for schools to manage since it has become an online process, but please know that we really value our community's input and feedback and appreciate the time and effort involved in completing it. Thank you for your understanding and patience.

Raising Resilient Young People

Another of the three guiding principles for building resilience in young people is to have an *attitude of gratitude*. Gratitude is a skill that we need to teach and nurture in children to help them to be thankful for the things and people we have.

Gratitude (appreciation)

Gratitude, or appreciation for the good things that happen in life, is an essential part of building happiness. Rather than focussing on what we don't have or what we want, the focus shifts to all that we have. Research indicates that "after 21 days of practising daily gratitude, we rewire our brain to start scanning the world for the positives and we become three times more likely to notice a positive.

In 42 days we;

- Are less likely to get sick.
- Have higher levels of energy.
- Feel happier
- Are more enthusiastic.
- Are more focussed.
- Are more determined.
- Are more optimistic.
- Have a better quality of sleep.
- Have lower levels of depression and anxiety".

(Information from The Resilience Project)



Some ideas for fostering an attitude of gratitude within your family include keeping a gratitude journal, starting a gratitude jar, sharing one thing with each other that you are grateful for each day at mealtime or bedtime or simply saying thank you to someone who has helped you out or been kind to you in some way.

Thank you to everyone for your ongoing support. I am very grateful for the opportunity to work in and with this wonderful community.

The Resilience Project will be providing a public event in Geelong later in the year. Further information can be found at the following link if parents are interested.

<https://theresilienceproject.com.au/public-talks/>

Enjoy the weekend and week ahead everyone. Please do not hesitate to contact the office if you need to discuss anything at all with me.

Kind regards,

Sharon Liddle
Acting Principal ☺

THE GREATEST SHOWMAN SING-A-LONG



The Greatest Showman Sing-A-Long at Reading Cinemas Waurin Ponds is on 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-A-Long form. Tickets are \$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 09 August. Please add surname and number of tickets, ie. "Williams x 4".

We have had a wonderful response so far. We currently need to sell another 18 tickets minimum so please feel free to invite family and friends.

Many thanks.

PARENTS CLUB

Fathers Day Stall

The annual Father's Day Stall is coming up on Friday the 30th August. Notes will be sent home in the coming week with further information

Concert Raffle

One part of the upcoming School Concert is the raffle that we hold to raise money for the school. Prizes usually comprise of a range of hampers, with a variety of gifts.

If there are any quality items that you would like to contribute to the hampers please leave these at the office. Donations of non perishable items, for example wine, chocolate, and vouchers for services or businesses within the school community would be greatly appreciated.

Thanks
Skye

RUN 4 GEELONG

RUN 4 GEELONG is on this year on Sunday 17th November and not only do 100% of profits go towards Barwon Health but our school can also be in the running (pun intended!) for a top prize of \$750 for sports equipment if we are the school with the most entries in our team. We have created a team – **'Belmont Primary School'** so when you, your friends and family enter, make sure you search for our team and join with us. There are three different events to choose from; 12km run, 6km run and 6km walk. Hope to see you there! All the information can be found on the website: www.run4geelong.com.au



GEELONG FOOD RELIEF ANNUAL TOUCAN FOOD APPEAL

Monday 5th– Friday 23rd August 2019

.....THINK OUTSIDE THE CAN!

The Geelong Food Relief Centre has been providing Emergency Food to those in need for 29 years. Working in conjunction with welfare agencies, this year 37,000 individuals will be referred to Geelong Food Relief Centre for Emergency Food Relief.

Items listed below form some of the basic food items most families choose.

We are inviting you to be part of this generous donation to provide if possible the following:

- Cereal (All Sizes)
- Cake Mix
- Spreads
- Dry Pasta
- Canned Soups
- Canned Tuna
- Packet Pasta
- Canned Fruit
- Noodles
- Rice
- Tea/Coffee
- Cling Wrap / Foil
- Shampoo Conditioner

Of course, all donations whether cans, boxes or packets are always gratefully appreciated and can be placed in the box located at the school office.

THANK YOU

GROVEDALE COLLEGE
PRESENTS

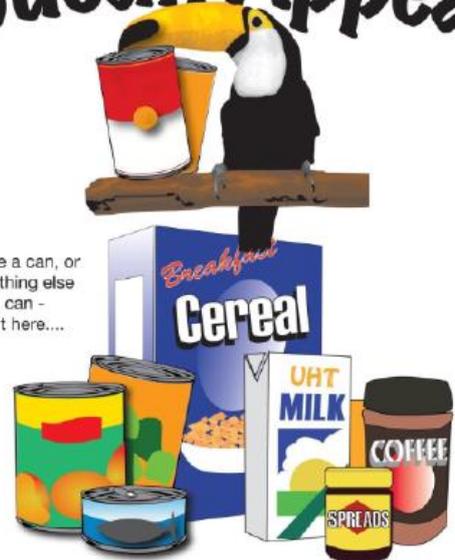


GREASE
THE MUSICAL
AUGUST 29 – 31 2019
TICKETS AVAILABLE FROM
COLLEGE OFFICE OR TRYBOOKING.COM
<https://www.trybooking.com/BDKAL>

Book, Music and Lyrics By
JIM JACOBS and WARREN CASEY
BY ARRANGEMENT WITH ORIGIN™ THEATRICAL
www.origintheatrical.com.au

GEELONG FOOD RELIEF 2019

Toucan Appeal



Give a can, or anything else you can - right here....



www.geelongfoodrelief.org Facebook.com/GeelongFoodRelief Ph: 5278 6588