

Bellbrook Babbler

«Title»

7 May 2018

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Everyone had a fun day last term just before Easter.

Leontay and Joe have shared some interesting information about themselves as Students of the Week.



WHAT'S ON

TERM 2

Mon	7 May	Yrs 5/6 to Willa PDHPE
Tues	15 May	Book club orders due in NAPLAN Yrs 3 & 5
Wed	16 May	NAPLAN
Thur	17 May	NAPLAN
Fri	25 May	Bellbrook athletics
Thur	31 May	Science Challenge Yrs 5/6
Tues	5 Jun	Assembly 2.30/P&C AGM 3.15
Thur	7 Jun	MPS chess comp
Mon	11 Jun	Public holiday
Fri	15 Jun	John O'Neill Sports
Mon	18 Jun	Dog education program
Tues	26 Jun	Small schools athletics



Education
Public Schools

Jackets have arrived

It's great to see lots of students wearing our new uniforms everyday. We think they look great. We have plenty of track pants in stock for the cooler weather for only \$20.50 and still have some old stock of the red shirt for sale for \$20 each.

New school jackets have finally arrived! We will be sending them out shortly with each child's name written on. Thanks to our P&C for funding one jacket each.

Hopefully our new red shirts won't be too far away.



What else is happening

This term we will be participating in school and district athletics carnivals. The first one is the Bellbrook school athletics being held on Friday, 25 May 2018 at the Bellbrook cabins. This is a great opportunity to come together as a community to support our students. Parent helpers are always needed to help with catering and running events, or just to cheer on the sideline. Who will be the house winners this year, Sugarloaf or Macleay?

The John O'Neill Sports day is being held on Friday, 15 June 2018 at the Willawarrin Soccer fields. Medlow, Green Hill and Willawarrin schools join in the fun day of racing, ball games, egg and spoon, and 3-legged races. Parents will need to transport their own children to and from Willawarrin. More details as it gets closer.

It is time to hold an Annual General Meeting for the P&C on Tuesday, 5 June 2018 after our assembly. All positions will need to be filled for us to be able to continue running the P&C. All current members are encouraged to attend so that voting can take place (only current members who have paid their 50c fee are able to vote).



It is very important that students in Years 3 and 5 attend school every day next week to participate in the National Assessment Program for Literacy and Numeracy (NAPLAN).

We have attached some absence advice slips for families to fill out and send back when their child is away. Please keep in a handy place and send in the day after an absence. More will be sent out each month.

Code of Conduct awards from Term 1

We have lots of students heading towards Gold and Honour student levels.

Bronze level

Jerome, Jannali, Fred, Elijah, Nathan, Jaren, Christy, Tayarli, Serai

Silver level

Storm

Our next assembly will be held on Tuesday, 5 June 2018 followed by an important P&C meeting.



Awards from last assembly

100% Attendance

Congratulations to these students who received 100% attendance awards:-

Aleeah, Shanaye, Ari, Tayarli and Serai

★ STAR of the WEEK ★

Elijah for trying his hardest at the football trials;
Dane for excellence in maths;
Jerome and Jaren for their space project work;
Ari for his research skills;
Nathan for awesome spelling.

TURN OFF SCREENS

Screens can be great for learning, recreation and communication, but too much screen time can be unhealthy. Try to find a balance between inactive time and active play.

+ get active!

HOW MUCH SCREEN TIME EVERYDAY?

0-2 years



NO screen time

Increase active play and limit sedentary activities to less than 1 hour at a time

2-5 years



Less than 1 HOUR per day

A reduction in screen time can improve sleep patterns and physical development

5-12 years



Less than 2 HOURS per day

Excluding homework time

WHAT IS A SCREEN?



TV/DVD/BLURAY



Computer



Game Console



Tablet/Portable Games



Phone

** Based on Australia's Physical Activity and Sedentary Behaviour Guidelines 2014

TIPS TO MANAGE SCREEN TIME



Remove screens from meal times & eat together as a family



Keep a balance & set daily screen time limits



Take toys or books instead of devices when going out



Make bedrooms screen-free zones



Make family time more active



Break up long periods of inactivity



Swap screen time for active play & encourage outdoor play



Adults - model good habits & reduce your own screen time



Play active video games together



MAKE HEALTHY NORMAL

This resource has been developed by Western Sydney Local Health District, published October 2017

