

# Bellbrook Babbler

«Title»

13 August 2018

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Education  
Public Schools



Thank you everyone for supporting for our Dress Like a Farmer day. The total is up to \$390 now and we can still accept donations from the community this week. Funds raised go directly to farmers around Tamworth.

Dixee is our new student of the week.



## WHAT'S ON TERM 3

Wed 15 Aug	Science day at Willawarrin <b>BUS DEPARTS 8.25AM SHARP</b>
Thur 16 Aug	Area Health dental assess
Fri 17 Aug	P&C lunch day
Tues 21 Aug	Book Week activities
Tues 25 Aug	School assembly 2.30 pm
Fri 31 Aug	Premier's Reading closes Father's Day stall Lower Nth Coast athletics
Mon 3 Sep	Dental van here all week
Tues 4 Sep	KHS orientation day P&C meeting 3.15 pm
Fri 14 Sep	North coast athletics Lismore
Tues 25 Sep	School assembly 2.30 pm
Fri 28 Sep	Last day Term 3





Congratulations to Ari who was awarded the Macleay Public School's Academic Excellence Award. The award was presented by Mr Duncan at the Education Week ceremony last week at Kempsey South Public School.

Ari received the award for his excellence in English. Ari has a very creative mind when it comes to story writing and a very impressive vocabulary to go with it. Well done Ari.

## What else is happening .....

School photo order forms are attached. Please return with correct money by Friday, 17 August 2018 so we can print off the photos.

Congratulations to those students who competed in the Macleay District athletics carnival last week. We are waiting to here about results and confident that at least one of our students have made it through to the Lower North Coast athletics in Wauchope on Friday, 31 August 2018. Parents will be required to transport and supervise their own children on the day.

A reminder the whole school will travel to Willawarrin on Wednesday to join in Science Week activities. The Five Day Creek bus departs school at 8.25 am and cannot wait for late arrivals.

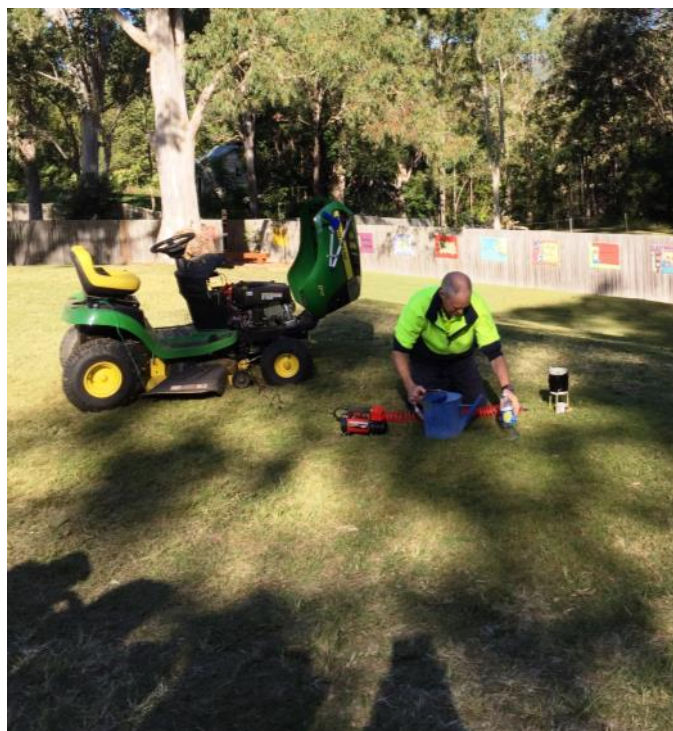
Our annual **Book Week** activities will be held on Tuesday, 21 August 2018. There will be a book fair in the library all day where the community and students can purchase books from \$2 and classroom activities from 2.00 pm. Children are encouraged to creatively make a costume of their favourite book character to change into at lunch time for the parade at 1.45 pm. All welcome.

School Drive subsidy payments have commenced for some families depending on whether you are on the old or new payment type. Ring Transport NSW on 131 500 for more information.





Congratulations to Lea-Ann, Natkita and Heidi who have now completed the 2018 NSW Premier's Reading Challenge. Student reading records must be completed on-line by Friday, 31 August 2018.



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**Help your family  
be their best!**



Include vegetables at  
every meal and snack.



Our school participates  
in Crunch&Sip



What a shame GA John won't be able to join us at Willawarrin this Wednesday to join in Science Week activities. He had such fun helping the 3-6 class launch a rocket last term. School bus leaves at 8.25 am - don't be late!





# IS YOUR CHILD BEING CYBERBULLIED?

## How and where to report



1

Collect **evidence** - take screenshots of the material and copy URLs



2

Report the cyberbullying material to the social media service. For information on how to report to social media sites go to [esafety.gov.au/safetycentres](https://esafety.gov.au/safetycentres)



3

Report it online at [esafety.gov.au/reportcyberbullying](https://esafety.gov.au/reportcyberbullying)



4

Block the person and talk to someone you trust



Snap now to see later

If you are in immediate danger, call 000 (triple zero)  
If you need to talk to someone, visit [kidsline.com.au](https://kidsline.com.au)  
or call them on 1800 55 1800, 24 hours a day 7 days a week



Thank you to the P&C for supplying our Year 6 shirts.



## Nutrition Snippet

# The simplest way

...to make sandwiches more exciting!

Making small changes to lunches can make a big difference to the overall nutritional value and make them more exciting for your kids to eat. Here are our top tips:



Try different breads – wholemeal, wholegrain, rye, soy and linseed, sourdough, rolls, pita, Lebanese or Turkish.

Try a variety of different fillings – vegetarian, lean meat or fish. Combine the following tasty sandwich fillings and spreads:

- Salad.
- Vegetables – lightly grilled or roasted.
- Lean meat e.g. roast beef, lean skinless chicken breast or turkey.
- Fish - tinned tuna, salmon or sardines (in springwater or brine).
- Tabouli.
- Egg.
- Tasty cheese.
- Banana.
- Healthy spreads e.g. avocado, hummus, mayonnaise, cottage or cream cheese, mustard, chutney, pesto or salsa.

Visit [healthylunchbox.com.au](https://healthylunchbox.com.au) for recipes & information you can trust.

