

# Bellbrook Babbler

19 October 2020

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Welcome back to Term 4.

GO RED for Dyslexia Awareness Month! One in five children struggle to learn to read and spell. More information inside.

Children are enjoying gardening on Thursdays with Mr Denyer. Thank you Mrs Prior for watering seedlings through the holidays.



## What's on Term 4

Fri	23 Oct	Transition to kindergarten 9.00 am to 12.30 pm
Tue	27 Oct	Book week activities
Wed	28 Oct	Life Education van visit
Fri	30 Oct	Transition to kindergarten 9.00 am to 12.30 pm
Mon	2 Nov	Yr 5/6 PDHPE talks Willawarrin
Fri	6 Nov	All day transition program
Fri	13 Nov	All day transition program
Fri	20 Nov	Last transition day



Education  
Public Schools





## Other important information

Our transition to kindergarten program starts this Friday for children enrolling in 2021. The program will start with two half days, Friday, 23 October and Friday, 30 October, from 9.00 am to 12.30 pm. The next three Fridays the program will run all day from 9.00 am to 3.00 pm. School uniform is not required and this can be purchased the day before school starts in 2021. Enrolment forms must be received before children can participate.

*3-6 Dhalayi Doctors will be graduating this Friday. Photos will be made available for parents on social media.*

Children's Book Week celebrations are on Tuesday, 27 October 2020. Unfortunately, parents will not be able to attend due to COVID-19 restrictions but we will take lots of photos. Students should bring their favourite book character costume to school in a bag.

*The Life Education van is now visiting the school next Wednesday but no merchandise will be available this year to purchase.*

Students in 5/6 will be travelling to Willawarrin School on Monday, 2 November 2020 to participate in PDHPE lessons. Please return attached note as soon as possible.

*We have been advised that our intensive swimming program is now allowed to go ahead and we will have information on this shortly.*

Thank you to the GIVIT organisation for donating \$500 to our school to go towards an outing or excursion for the children.



# The simplest way

...to understand Health Star Ratings.

You may have noticed **Health Star Ratings** on the front of many packaged foods.

## What do they mean?

Health Stars will help you make healthier choices when choosing packaged foods at the supermarket. The star rating is based on an assessment of the nutrient content of the food including the kilojoules, saturated fat, sugars and sodium (salt) as well as fruit, veg and fibre content. The more stars, the healthier the product.

## Why?

63 percent of adult Australians, and ¼ children are now classed as overweight or obese. The **Health Star Ratings** help us make healthier choices for our whole families – with a quick glance at the packet.

Cancer Council NSW helped develop the Health Stars – because we want healthy eating to be easier for everyone. **Remember, nothing beats fresh – but if you need to buy a packaged snack – look for five stars!**

For more information visit

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

or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)

## The Health Star Rating.



# Mango & blueberry smoothie

Preparation 5 mins | Makes 2 large or 4 small smoothies

*Whip up this refreshing fruit smoothie for a quick breakfast, an energising before sport drink or a healthy thirst quencher between meals.*

- 1 ripe mango
- 125g blueberries
- 1½ cups reduced fat milk
- ½ cup reduced fat mango yoghurt
- ½ cup ice-cubes

- Step 1** Slice off the mango cheeks. Peel and roughly chop the flesh.
- Step 2** Place mango into a food processor. Add blueberries, milk, yoghurt and ice. Blend until smooth. Pour into serving glasses and serve.

## Why are mango & blueberries good for kids?

**Mango** is a source of dietary fibre that helps prevent constipation and potassium that helps balance sodium in foods with added salt. The natural purple pigments in **blueberries** act as antioxidants which may boost the body's level of these protective compounds. With their natural sweetness and vitamin C, blueberries are a great treat food and an excellent substitute for lollies.



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The **Emergency+** app is a **free** app developed by Australia's emergency services and their Government and industry partners.

The app uses **GPS functionality** built into smart phones to help a Triple Zero (000) caller provide critical location details required to **mobilise emergency services**



**Help our kids learn about Triple Zero (000).**



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The **Triple Zero Kids' Challenge**, where kids **learn** about how to deal confidently with and get help in an emergency, by playing games and solving problems.

They'll learn about **safety messages** and hear what happens when you call **Triple Zero (000)**



## What is Dyslexia?

Children and adults with dyslexia often have difficulties with accurate and fluent word recognition and may also have difficulties with spelling, writing and reading comprehension.

Dyslexia is the most common learning difficulty impacting between 5-10 per cent of people. Dyslexia also often runs in families. Dyslexia does not impact on a person's intelligence and is not caused by vision difficulties.

Dyslexia is also known as a specific learning disorder in reading. Dyslexia is a brain-based (neurological) disorder or disability. People with dyslexia have difficulty working with the sounds in language (phonology) and the written form of language (orthography).

Our school has taken the following actions to provide early identification and early intervention for students with reading and spelling difficulties:

- upskilling and professional learning for all staff on the science behind how the brain learns to read;
- Phonics screening check for all students;
- Strengthening instructional practices to teach the key skills that help us learn to read (phonics, phonological awareness, syntax, morphology, vocabulary, fluency and comprehension);
- Providing evidenced-based reading intervention programs (MiniLit, MultiLit, MacqLit); and
- Employing a speech pathologist specialising in literacy intervention to support school practice and individual students.