

“AIM HIGH”

Issue 29
September 10th 2008

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Term Dates for 2008

14th July – 19th September
6th October – 19th December

Dates to remember:

School Concert 11th September
Zone Athletics 16th September
End of Term 3 – 19th Sept
Holiday- Show Day – 17th Oct

GREAT BELLAIRE TOY SALE

This is preliminary notice for the Great Bellaire Toy sale, where students bring an unwanted toy to donate to the stall. During the last week of term, students will be able to bring a gold coin to purchase a toy. Toy recycling is a fun Junior School Council activity that also raises funds that will go towards a school project. **More information will be available soon.**

PLANNING WEEK

Next week all learning units will be spending time together in planning the program for students in term 4. This is an important time as teachers consult together to organise the best learning experiences to suit the needs of each individual student. This will also be a time when teachers consult together to ensure that there is a measure of consistency across the classes and that all students have the opportunity to take part in experiences that further develop their learning. Whilst teachers are planning, the specialist teachers will be taking the classes.

FURTHER VANDALISM

Last Thursday after midnight, 3 teenagers were interrupted as they put graffiti all over the wall and mural by the tennis court. This followed the damage that was caused the previous weekend. We would much rather spend money on providing students with resources that assist their learning rather than pay out lots of money to have senseless damage removed.

Thanks to a parent who was alert to movement in the school grounds and disturbed their anti-social behaviour. Their clear descriptions and other evidence have been given to the Police – hopefully they will be caught before they can do further damage.

Once again, we ask any parents who see people behaving inappropriately in the school grounds to call the police immediately.

PARENT INFORMATION NIGHT - SLU

Thanks to the large group of parents who attended the Information Night for the families of year 4 students entering the SLU next year. Congratulations to the Senior students who presented information so capably to the audience. Thanks also to the Senior and Middle Unit teachers who attended thereby showing their commitment to the successful transition of the students. Well done to Abbey Howard who organised the session. Any parents who have further questions are welcome to contact the school.

BELLAIRE CONCERT

The whole school Bellaire Concert will be held TOMORROW at the Arena Sports complex in Victoria Street, North Geelong. It will start at 7pm and finish by 9pm. Tickets are \$10. (No tickets will be sold on the night.) Every person attending the concert, except Bellaire students, will need a ticket to enter the Arena. Anyone requiring on the floor seating for the disabled or the elderly, please send a note to Jodi Schulz or come and see her at school.

We look forward to seeing all families at the concert.

■Please Note: The Concert Program will be sent home today with this newsletter.

STUDENT OF THE WEEK		
		AWARDED FOR:
PREP B	Amy	For developing confidence in her abilities and being prepared to have a go! Well done, Amy.
PREP C	Keeley	For working hard to improve her reading fluency and comprehension in reading groups!
PREP F	Jarryd	For working extremely well during our buddy activity with middles. Well done, Jarryd!
PREP S	Sami	For her sensational concert practise. I am sure you will be a star at the concert!
JUNIOR L	James	For always working hard to improve his learning
JUNIOR B	Lillyan	For trying hard to sound out words and use THRASS.
JUNIOR S	Sophie	For her fantastic writing and sharing about her trip to America. Bon Voyage Sophie!
JUNIOR J	Mikaylah	For her outstanding effort and attitude at all times in the classroom
JUNIOR W	Sophie	For always being kind, caring and helpful in Junior W
JUNIOR H	Chloe	For doing extra homework! Great job Chloe.
JUNIOR G	Connor	For his wonderful writing this week.
JUNIOR M	Georgina	For her fantastic persuasive text. Well Done Georgie!
MIDDLE B	Kiara	For her enthusiastic participation in all areas of school
MIDDLE C	Kelsey	For writing a fantastic persuasive text that convinced parents to come to the school concert.
MIDDLE V	Hayden	For an improved attitude to work and for having a go at everything.
MIDDLE A	Dickson	For settling in so well to his new class and making lots of friends especially on camp.
MIDDLE K	Kara	For her enthusiastic work when making comments on all the students blog pages in Middle K
MIDDLE L	Conor	For making an excellent start on his personal project
SENIOR H	Tom	For his outstanding DKU work and for taking charge of S/H footy tips.
SENIOR K	Alex	For demonstrating what it means to be organised this week! Excellent progress in all workshops, Alex.
SENIOR B	Jess	For being a good support and friend during our literacy/numeracy week activity.
SENIOR C	Grant	For putting in 100% effort in all his subjects and independent sessions.
SENIOR M	Nick	For his very neat bookwork!

Martin Seligman's 10 tips for helping your child to be optimistic

Published in The Age, Monday August 18, 2008.

Every night for a week, write down three things that went well that day and why. These can be relatively unimportant (I had a cup of tea in the sun) or significant (my sister gave birth to a healthy baby). Teach your child to do this.

Work out your greatest strengths and use your highest strength each day (sit a signature strength test on the website authentichappiness.org)

Help your child to find something that gives them "flow", the sense of being so engaged that their time flies.

Doing things for others gives a longer lasting sense of wellbeing than personal gratification and possessions. Demonstrate this to your children.

Give thanks. Make a gratitude list and thank someone who has helped you. Depressed people look inwards. Teach your child to focus outwards.

Parents pass on their own explanatory style to their children. How do you respond to adversity? Do you catastrophise (imagine the worst) and ruminate (play the same negative tape over in your mind)? Practice arguing back forcefully to that negative tape.

Examine your own relationships. Seligman says it is whether couples can celebrate each others' success, rather than how much they fight, that predicts divorce.

At work, Seligman's research demonstrates that social intelligence matters more than IQ. Optimism and self-confidence are crucial.

Point out positive stories about life as an antidote to the negative information students are bombarded with.

Foster a sense of curiosity about life. This can be lost as we age.

SOUTH BARWON LITTLE ATHLETICS The 2008/09 Little Athletics season starts on Saturday 4th October at Landy Field. South Barwon have a registration evening for all interested athletes on Thursday 18th September from 4.30pm until 6.00pm or Saturday 20th September at Landy Field from 9am - 11am. Membership is open to children from six to fourteen. All children compete for fun, fitness and enjoyment and are encouraged to participate regardless of their athletic capability. For further information contact Andrew on 52218901/ Mandee on 52433012, or have a look at our website www.southbarwonac.asn.au.

DEBATING

In term 2 the Senior Learning Unit had debating tryouts for the debating team. Six grade 6 students got into the team. They were Alex, Louis, Hannah, Harley, Hayley and Emily. Over the time we were in the debating we had to do four debates. Two were unseen topics and two were normal debates. Out of the four, we won three and lost one. Unfortunately we didn't get into the finals but over all we came equal second in our zone. Thank you to all the teachers and parents who came to watch us. Thank you to Miss Woods and Miss Henneman for giving up some extra time to help coach us. Overall we had lots of fun and enjoyed ourselves.
Emily & Hayley.

SENIOR LEARNING UNIT

Parents of students in the Senior Learning Unit are reminded to fill out the survey at the following address:

<http://www.surveymonkey.com/s.aspx?sm=CXS2UAbJalAHajR8V Rt 2fAQ 3d 3d>

This survey is asking parents for feedback about the unit and will help guide our plans for the future.

DOGS IN AND AROUND THE SCHOOL YARD – No Dogs are allowed in the school yard and outside the yard **PLEASE** clean up after your dog!!

Collect-A-Tub

Collect a Tub for our school and sports will be really cool!

From the 8th September to the 30th November, Bellaire will be taking part in a Goulburn Valley Collect-a-tub competition. If you have already purchased Goulburn Valley fruit snacks, you can go online to www.collectatub.com.au select Bellaire as your school and enter the last 5 digits on the barcode. You can do that or just simply bring your Goulburn Valley fruit snack tub to school with the receipt and put it in the Collect-A-Tub bin which will be in the Senior Learning Unit between these dates. Please remember that collect-a-tub is only for people who already eat this product. Each tub equals 1 point and we can exchange points for new sports equipment. So collect a Goulburn Valley fruit snack tub between 8th of September to the 30th of November and our school can win new sports equipment.

Luke and Joel

Bellaire Junior School Council

CONGRATULATIONS

Congratulations to Harley and Alannah who spoke so expertly about their learning in the SLU in front of a large audience of 250 teachers last Friday. They represented our school in a very confident and self-assured manner. Well done.

SEPTEMBER SCHOOL HOLIDAY SOCCER CAMPS 5 - 12 YEARS OF AGE

DOC Football Academy Soccer Camps have been sell outs over the past few years. Now we want to bring them to Geelong to check out the talent that we have been hearing about.

The Soccer Camps are loads of fun and parents can relax knowing their children are in a safe and healthy environment.

DOC Football Academy is very proud to have a coaching staff of sheer quality that combines years of both playing and coaching experience. All our coaches are fully qualified and have Working with Children cards.

These Camps are totally different to any other holiday camps and are unique in their style. If your child has not experienced one of our camps then **now** is the time as they will remember it for years to come.

Date: Monday and Tuesday 22-23 September 2008
Venue: Hume Reserve, Bell Park, Geelong (Melway: 441 H5)
Time: 9.30am - 3.30pm
Cost: \$180.00 (**Includes Lunch, Drinks, Fruit, Trophies, and Loads of Prizes**)
To register phone David on (03) 9438 1877 or 0402 520 88



★ PHYSICAL ACTIVITY IDEAS ★



Fresh air and regular physical activity is essential to maintain a healthy body. There are many non-structured ways to encourage activity for children and the whole family.

- * If school is within walking distance, walk instead of driving them to school. Enquire about Walking School bus in your state or territory.
- * Visit the beach or park and take the cricket bat/ball and frisbee.
- * Take the dog for a walk.
- * Do some backyard gardening and build a vegetable patch .
- * Visit the local swimming pool .
- * Visit the local park with playground equipment or take a footy .
- * Take a bike ride and find favorite local spots for a picnic or drink stop.
- * Find out, through recreation/community centres about your surrounding areas and organise a bush walk in the hills or outer city.
- * Find outings that involve walking, e.g. visit the zoo or a museum.
- * Participate in a community walk (e.g. all Australian states have a 'city to surf' fun run / walk plus many more community walks).
- * Choose presents for children that encourage activity, e.g. kites, outdoor equipment, gift vouchers to outdoor activity parks, canoe hire, roller rinks.
- * Encourage children and the family to help with household chores, such as painting, washing windows or sweeping leaves.



Parents, Teachers and other Professionals ADHD Workshops

Kerry Cooney, author of the most comprehensive ADHD behaviour management book, *Every Day with ADHD*, and facilitator of parenting courses, workshops and seminars on ADHD for over 10 years is conducting workshops in Victoria during October and November. The presentations are designed to offer understanding and management keys to Parents, Teachers, Early Childhood professionals, Carers, in fact, any one who wants to understand and better manage the world of ADHD. Learn how to decrease angry and aggressive behaviour; reduce stress and anxiety; provide tools for the child's future; while giving recognition and encouragement to positive qualities.

By request workshops are being conducted in Geelong on Mon. 20 Oct

Please see attached flyer for details of your region or the website for Victoria wide Workshops details.

Workshop Cost: Payment:

\$30.00 per adult Payment can be made Online by Credit Card, Bank Deposit or School
\$40.00 per couple Purchase Order on our registration page. Payment can be made on the
\$20.00 for pensioner night but as interest has been very strong, it is advisable to secure
your seat by Online Registration.

Registration: via the website: www.everydaywithadhd.com.au and visit or [Workshops & Seminars](#) page.