



Belrose Public School

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Belrose OSHC Centre
 Phone: 0430 247 493

TERM 1, WEEK 5

NEWSLETTER DATE: 25 February 2021

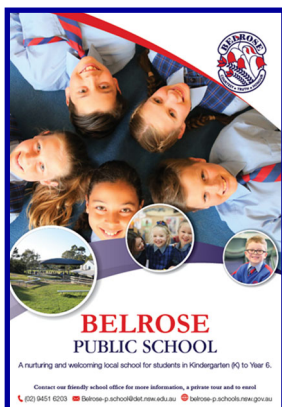
Dates

Term 1 2021

Friday 26 February	Peer Support begins
Monday 1 March	Training Band begins 2:25pm Assembly—2M sharing of work
Friday 5 March	Clean Up Australia Day
Monday 8 March	Zone Swimming Carnival No spectators 5/4S P/T night 6-7:00pm
Tuesday 9 March	P & C Meeting 7.15pm
Monday 15 March	Sydney North Swimming Carnival Assembly 2.25pm
Friday 19 March	P & C Disco for kids
Tuesday 23 March	P & C Gelato at recess
Thursday 25 March	School Cross Country
Monday 29 March	Awards Day assembly 9.30am
Thursday 1 April	Easter Hat Parade 2:30pm Last day of Term 1

Term 2 2021

Tuesday 20 April Students return



Principal's Message

LEARNING AT BELROSE PS

Thank you for making the time to attend our Parent/Teacher Information nights with our last one scheduled for 8 March for 5/4S.

Research suggests that an effective partnership between parents and staff assists children's work habits, attitudes about school and student outcomes. At Belrose PS, we are large enough to provide the students with a diverse range of opportunities but small enough that all staff members know every child. We continue to create a stimulating learning environment so that each child connects to his/her learning, to thrive and succeed. We continue to have a very engaging community that has a strong sense of ownership of which the P&C provides social events. My role continues to be a very important one with not just being a Business and People Manager but to lead with others in the teaching and learning within the school. We have high expectations that every child will grow by at least a year with their learning. At least 50% of our teaching program time is devoted to English and Mathematics. These essential skills are transferred across all Key Learning Areas to Science and Technology, Geography, History, Creative and Practical Arts as well as with PD/Health and PE. Students of Stage 2 and 3, as part of their literacy unit, will be working on a number of sustained learning tasks over the year. We use the syllabus outcomes and indicators from relevant progressions to devise learning/teaching activities to target the learning. Emily and Leanne, along with all students in years 1 to 6, have writing goals with success criteria. This assists the children with moving forward with their learning. It indicates our high expectations of their work and provides students with explicit directions of what success can look like.



MEDICAL EMERGENCY ACTION PLANS

The safety and wellbeing of your child is of paramount importance to us, including whether your child is diagnosed at risk of a severe allergic reaction. Anaphylaxis is a severe and sometimes sudden allergic reaction that is potentially life-threatening and always requires an emergency response. As with other serious health conditions, schools put in place strategies to support students at risk of anaphylaxis at school or while they are engaged in school related activities.

These measures include updated procedures and information about precautions schools can take to minimise the risk of exposure to allergens and training requirements for staff. For further information: -NSW Public Schools website Anaphylaxis section. In all Government schools, students who have allergic reactions and do or do not require medical treatment require an up to date action plan from their current Doctor. These action plans are required to be updated every time an epipen is prescribed again by the family doctor and are placed inside each child's medical folder with the medicine. All epipens have an expiry date and parents are responsible for supplying the school office with new epipens, when required. A copy of the action plans are displayed in each child's classroom, the staffroom and office. All teachers and casual teachers have completed Emergency Care and anaphylaxis training and have a list displayed in their classroom of students requiring medical emergency plans. **We ask parents to assist us in checking that their child's medicine and action plan from the Doctor is current. Students must have updated action plans and medicines to attend any excursion.**

CPR TRAINING

All staff will complete their annual CPR and Anaphylaxis training next Wednesday afternoon. Our school has a defibrillator outside the sick bay, red medical bags containing individual health plans for our Anaphylaxis students as well as five backpacks with first aid materials and asthma sprays. Our Health and Safety Directorate advises us to not provide sun screen, sting-goes or medi-cream for fear of an allergic reaction. If your child comes home wearing a bandaid, the wound has been cleaned with water but would require additional care from you.

SCRIPTURE BEGAN THIS WEEK

A feature of the public education system in NSW is the opportunity to provide time in class for education in ethics, faith and morality from a religious or non-religious perspective at the choice of parents. The Special Religious Education lessons are held each Wednesday for K-2 from 9:30am -10:00am and for years 3-6 from 10:10am – 10.40am for Protestant and Catholic. Currently, we are not able to offer Ethics as it requires a parent volunteer to be trained and to be available each Wednesday morning. Please email me if you are interested in taking on this role.

The school website <https://belrose-p.schools.nsw.gov.au/> provides information on these options to support parent/carer choice. A parent/carer may at any time notify the school in writing that they wish to change their decision. Students will continue the same arrangement as the previous year, unless a parent/carer has requested a change in writing.

For more information about Special Religious Education (SRE) and Special Education in Ethics (SEE), including the list of approved providers, please visit: <https://education.nsw.gov.au/teaching-and-learning/curriculum/learning-across-the-curriculum/religion-and-ethics>

If your preferred SRE or SEE option is not available please contact the approved provider. Students not attending SRE or SEE are given supervised alternative meaningful activities.

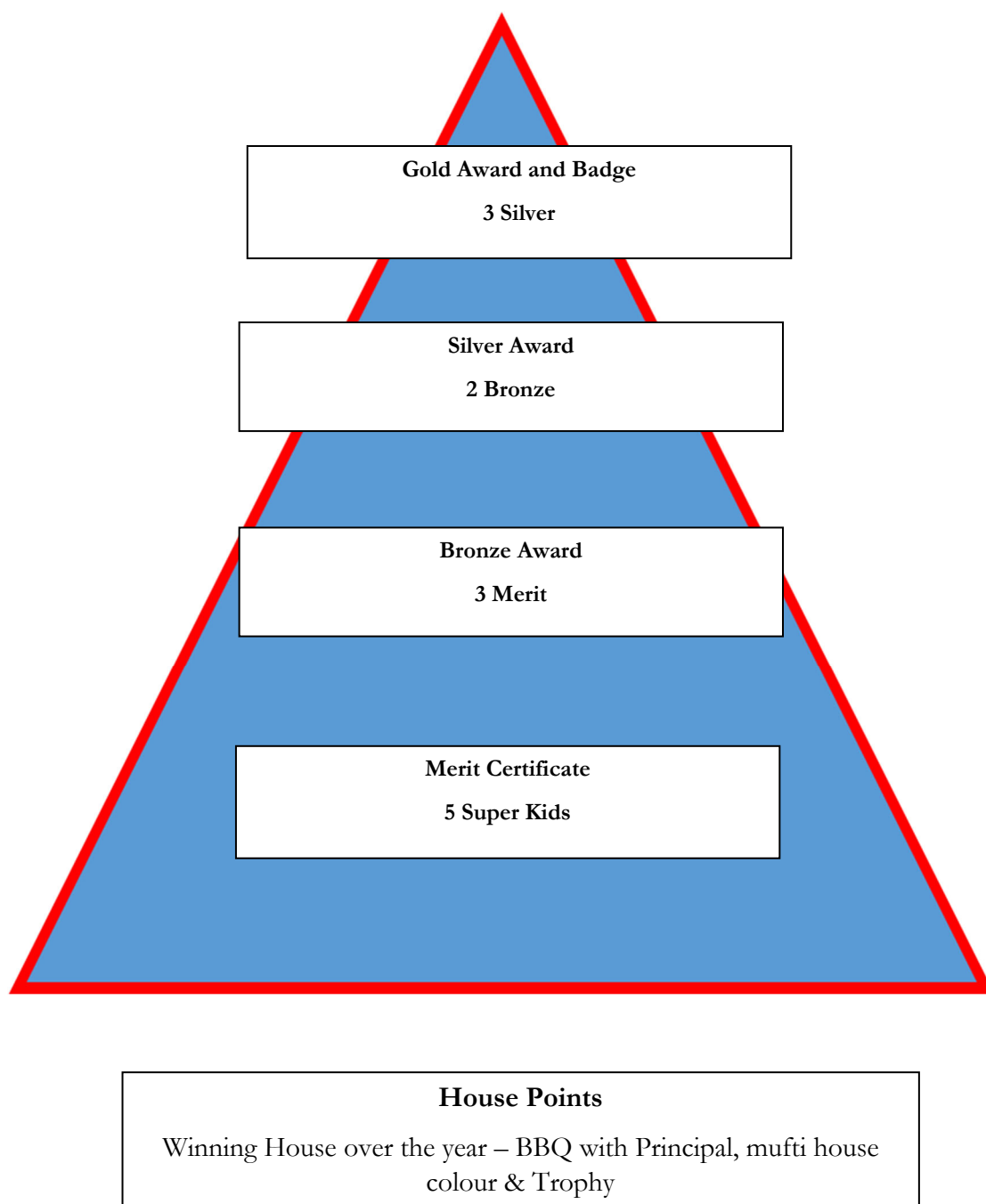


EVOLVE TENNIS BEING ENJOYED BY YEARS 3 TO 6 STUDENTS EACH FRIDAY

Student wellbeing is the responsibility of the whole school community. We have a well organised and managed Student Wellbeing and Discipline policy that is comprehensive and has the support and commitment of staff, parents, students and the community. This assists us with creating an environment in which effective teaching and learning can take place and a climate in which all students can experience a sense of purpose, achievement and support. One exciting achievement for your child is to receive a 2021 Badge. (Reviewed 2021)



Belrose P.S. Flowchart for Rewarding Positive Student Behaviours



WELLBEING

Along with our ongoing purpose of each child's attainment and growth in Literacy and Numeracy, the wellbeing of all of our students, staff and parents is paramount. To assist us with achieving this, the school has paid for a membership with Parenting Ideas, an Australian source of parenting education and support. As part of our annual subscription, all of our parents and carers of Belrose PS can watch webinars at no cost. I have included below some relevant webinars for the first half of the year. Please enter the voucher codes for free access.

Belinda Zorian
Principal



Watch from any device, any location

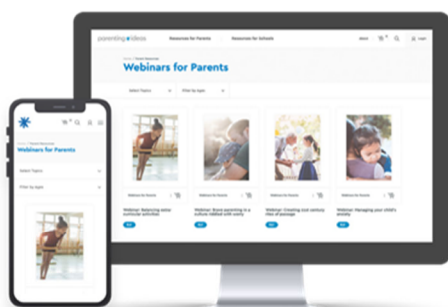


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Choose the webinar you would like by clicking 'add to cart'. At the checkout, add the voucher code for the webinar. Enter your school's name to verify your eligibility. The \$39 discount will then be applied. If you're unable to make the broadcast time, just register anyway and you will get access to the recording. Webinars need to be redeemed individually before their expiry date, but you can register for as many as you like!



Maggie Dent presents: Communicating with teenage boys

Adolescence has a way of transforming children's brains that can make communication challenging, especially with teenage boys who often start articulating in monosyllabic grunts. These brain changes also make them more sensitive, volatile and critical of themselves, making the tweeny/teen years a high-risk window. In this webinar, Maggie Dent shows how using compassionate, empowering communication with teenage boys can better guide them across the bridge to healthy manhood to a place where they feel worthwhile and engaged in respectful relationships.

Key learning and discussion points include:

- communicating effectively
- giving feedback
- avoiding arguments
- helping teenage boys to problem solve
- letting our sons know we really hear them, and that they matter

WEBINAR DATE 24 MAR 2021, 8-9 PMAEDT **VOUCHER CODE** COMMUNICATION **VOUCHER EXPIRES** 24 JUN 2021



Dr Justin Coulson presents: Connecting with teenage daughters

Trying to guide a teenage daughter through a complex adolescent world is... well, complicated. Alcohol and drugs, mental health concerns, body image issues, friendship issues, and premature and/or non-consensual intimacy are just the tip of the iceberg. In this webinar, Dr Justin Coulson (father to 6 daughters) unpacks the science and provides practical real-world advice for parenting teenage daughters. You'll discover what is really going on in their minds, how they really feel and what they wish you knew.

Key learning and discussion points include:

- dealing with eye rolls and bad attitude
- why your teenage daughter "hates" you, expects the world and needs to talk
- how we can stay connected to our teenage daughters and keep them motivated
- how to keep our teenage daughters safe and informed without pushing them away
- how to encourage teenage girls to develop strong, healthy relationships and resilience

WEBINAR DATE 23 JUN 2021, 8-9 PMAEST **VOUCHER CODE** DAUGHTERS **VOUCHER EXPIRES** 23 SEP 2021



Dr Kristy Goodwin presents: Taming digital distractions

Technology is an integral part of life for our children – it's the portal for their leisure, learning and connection. However, digital technologies can also disrupt a child's focus, put a dent in their learning and compromise their wellbeing. In this webinar, Dr Kristy Goodwin helps parents and carers understand why children and adolescents are vulnerable to digital distractions. She provides science-backed solutions to help kids and teens develop healthy digital behaviours so that they can focus, learn and thrive online.

Key learning and discussion points include:

- how long we should expect focused attention from children and teens
- the research behind why digital distractions are interfering with our children's attention
- how some technologies have been intentionally designed to be captivating and alluring
- why banning technology isn't the solution
- how to teach children and teens how to build a 'fortress around their focus' and leverage the benefits that technology offers them

WEBINAR DATE 8 SEP 2021, 8-9 PM AEST **VOUCHER CODE** TAMING **VOUCHER EXPIRES** 8 DEC 2021



Michael Grose presents: Using birth order knowledge for a parenting edge

Effective parents and carers are always looking for an edge to help them raise happy, confident, resilient kids. Many people do a brilliant job of learning on the run, but can miss a rich vein of knowledge that's right in front of them – a child's birth order position. In this webinar, Michael Grose explains how birth order position impacts on a child's personality, attitudes and behaviour. He provides insights to help bring out the best in every child, reduce destructive sibling rivalry and increase family harmony.

Key learning and discussion points include:

- how birth order works and why it sometimes doesn't make sense
- how birth order applies to both large and small families
- how to conduct a birth order audit for your family
- the impact that your own birth order has on your parenting
- essential parenting strategies for kids who don't quite fit the birth order mould

WEBINAR DATE 10 NOV 2021, 8-9 PMAEDT **VOUCHER CODE** ORDER **VOUCHER EXPIRES** 31 DEC 2021

GARDENING COMMITTEE

In a few weeks our Gardening Committee, with **Mrs Staples** and **Mrs Iwakura**, will be planting new seedlings on Thursdays at 8.30am.

We welcome all students to join in the fun of planting and harvesting!! Watch this space for updates on when all new seedlings arrive and the club starts up again.

Rebecca Jones



READING THRONE

The Forest Community Men's Shed have been building a few different projects for our school including this new 'reading throne' for our students. We look forward to seeing students enjoying this special seat whilst they enjoy a book in the library.

A huge thank you to **Forest Community Men's Shed** for building this special throne, and Bunnings Belrose for donating the material.

Rebecca Jones



The Forest Community
Men's Shed Inc.
Morgan Rd, Belrose, 2085, NSW

".... a great place for retired and older aged men, to share a yarn, a cuppa and muck about with wood...."



Sport News

PSSA

Could all PSSA trophies for Softball, T-Ball, Cricket and the Swimming Age Champions please be returned to the office as soon as possible.

PSSA draw for upcoming games:

Round 2 26 February
M v B Belrose PS/Wyatt Oval

Round 3 5 March
AH v B David Thomas

Round 4 12 March
TH v B Belrose PS/Wyatt Oval

Round 5 19 March
B v W Lionel Watts Oval

Round 6 26 March
K v B Belrose PS/Wyatt Oval

Monday 29 March to Friday 9 April 2021 Warringah Sports fields not available

Round 7 23 April
B v KH Killarney Heights PS/Oval

Home games: Cricket is played at Wyatt Oval and Softball/T-ball is on the school oval.
Please note this draw is subject to change. If PSSA is cancelled, we will send an email.

P & C News

There are so many exciting things about to happen at Belrose. The first one being our disco which has now gone live on Flexischools so you can buy your tickets. Please let me know if you can help out on the night. Remember it's a kiss and drop event (no parents) so only volunteers are able to stay.

The Easter Raffle basket will be on display in the office from the middle of March. Tickets can be purchased at the disco or from the office.

Work on the quadrangle will start from 10/4 to 17/4. If you have any spare time during this time and want to help please let me know.

Gelato Day is on Tuesday 23 March.

Our next meeting is Tuesday 9/3 at 7.15 pm. Hope to see you all there.
Rebecca Keiller
P & C President

CANTEEN NEWS

Please find the roster for tomorrow :

Friday 26/2/21	Time
Zoe Scott	12.00-1.30pm

UNIFORM SHOP OPENING TIMES

Thursday afternoon - 2.45pm to
3.15pm





School Holiday Program
Masada College
Visit koolkidzz.com.au/st-ives







<p>LOCATION 9-15 Link Rd, St. Ives NSW 2075</p> <p>DATES - Week 1 - 6 to 9 April 2021 - Week 2 - 12 to 16 April 2021</p> <p>HOURS Monday to Thursday: 8:30 AM - 5:00 PM Friday 8:30 AM - 3:30 PM</p> <p>FEES (BEFORE SUBSIDY) Standard Fee: \$88.00 Child Care Subsidy Fee Estimator</p> <p>EARLY BIRD Early Bird Daily Fee* \$76.00 *Offer expires on March 22nd, 2021. T&C's APPLY</p>	<p>HOW TO BOOK</p> <p>Go to koolkidzz.com.au and click the Register button at the top of the page</p> <p>DOWNLOAD OUR GUIDE FOR FAMILIES HERE</p> <p>CONTACT US</p> <p>02 9539 6836</p> <p>info@koolkidzz.com.au</p>
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30/9 POWELLS ROAD BROOKVALE

April Holiday Camps

6th April 2021 – 16th April 2021

THE FOOTBALL FACTORY

Join our Holiday Camps and play soccer indoors on grass

CAMPS FILL FAST, SO BOOK NOW!

Here at the Football Factory we acknowledge the necessity to focus on the development of an individual's skills. It is important that children have fun whilst they learn new skills, and that's why we've tailor made our school holiday camps to be both fun and engaging!

- Professionally qualified & engaging FFA & AFC coaches.
- Learn new tricks, skills and techniques to improve your overall ball mastery and game play. We will teach you how to execute a 'Zidane Turn', 'The Socrates', 'Rabona', 'Maradona Spin', 'Cruyff Cut', 'Ronaldo Chop', or learn how to do a 'Rainbow Flick'!
- Each day has a different 'Football Focus'. Tricks, skills and moves relevant to the daily focus will be taught.
- Build your child's confidence and self-belief in a nurturing, and fun environment where they can improve their skillset. This leads to more creative players on the football field.
- Play football, no matter what the weather, in your boots!
- Finish the day with Laser football!
- Clean and safe environment where individual needs are catered to.

Check it Out!





The Football Factory | Unit 2, 8 Aquatic Drive, Frenchs Forest | (02) 9972 7766 | thefootballfactory.com.au



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