Belmont North Public School - Newsletter

Cnr of Nikkin & Darling Streets, Belmont North NSW 2280
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Principal’s Report – Mr. Scott Campbell.

We have a lot going on this term! PSSA sport, Dance2BFit and Songroom are in full swing and this Thursday is our Athletics Carnival @ Baxter Oval, Marks Point. Please note that there is no provision for children to stay at school on this day. Our expectation is that all children travel to and from the venue on the buses provided. There will be a canteen at the oval.

Hunter Connect Families Inc are running a brilliant program called “Secret Agent Society(SAS)” for children between the ages of 8 and 12 years who have Autistic Spectrum Disorder. The school would love to hold the sessions here at school but the first we need interested families to connect with Rachael Corrigan (CEO – Hunter Connect) on 0409 449 202.

One of our longer term staff members, Miss Norley, has been nominated for the NEWFM competition to find Newcastle’s “Most Popular Teacher”. The winning teacher scores a gold coloured Apple MAC BOOK, whilst each student in that class will win an Apple iPAD mini. You can vote for Miss Norley @: http://www.newfm.com.au/apple-for-the-teacher/

This week the school will be voting for the class representatives to be involved in the Student Representative Council (SRC). Each class will supply two reps and from this group we are going to select 2 students to become Student Principals for a Day in June. I’m sure that will be an eye opening experience for the students who eventually get chosen!

Good luck to our Starstruck team who are having two rehearsals this week. Please support the Starstruck team by donating and /or buying from the cupcake stall on Wednesday.

Upcoming Events
May 18
Starstruck Rehearsal
May 20
Starstruck Cupcake Stall
May 21
Athletics Carnival

Important Announcements!

Athletics Carnival on Thursday 21st May @ Baxter Oval, Marks Point

THOUGHT FOR THE WEEK
Live so that when your children think of fairness, caring, and integrity, they think of you.

H. Jackson Brown, Jr.
Term 2, Week 4 Award Winners

Principal’s Award
K/1C    Christopher
K/1N    Amelia
2S      Sage
3B      Athena
4A      Michael
5/6M    Joshua
5/6W    Lucette

Student of the Week
K/1C    Aleirah
K/1N    Elodie
2S      Alirah - Jane
3B      Connor
4A      Fred
5/6M    Keisha
5/6W    Madisson

You Can Do It – Resilience
K/1C    August
K/1N    Codie
2S      Lucia
3B      Ben
4A      Amy
5/6M    Otis
5/6W    William

Merit:
K/1C    Jack
K/1N    Zoe
2S      Melia
3B      Emily
4A      Nick
5/6M    Abbey
5/6W    Brandon
Do you have a child ready to start Kindergarten next year?
All students who are 4 ½ to 6 years of age are entitled to start school in 2016 in our Kindergarten classes.

Our Kindergarten transition program for 2016 will begin in early Term 3 this year. If you have a child who could be starting school in 2016, please see the front office at your earliest convenience for an application form for enrolment.

Mrs Johnston (Relieving Assistant Principal)
Weekly Focus – Confidence

Canteen Roster
Week 5
18th - 22nd MAY

Monday       CLOSED
Tuesday      Tammy
Wednesday    Kel & Louise
Thursday     CLOSED (Athletics Carnival)
Friday       Rochelle & Kristy

P&C Fundraising

Cake Stall
Wednesday 20th May

Please support our fabulous Star Struck Dancers.

Cakes will be sold for
50c & $1.00 each.

ACTIVE KIDS ARE HEALTHY KIDS
WALK SAFELY TO SCHOOL DAY
FRIDAY 22 MAY

Until they're ten, children must always hold an adult's hand when crossing the road
WALK.COM.AU

Find us on Facebook Instagram and Twitter
Supported by the Australian Government and all States, Territory and Local Governments

Hello there,

Do you like soccer??

Would you like to be able to play soccer??

Belmont soccer club is currently seeking 11 year olds to come and play with us.

If you are interested please contact Richard Watkins (president of Belmont FC) via 0409459515 or via our club email
www.belmontfc@macquariefootball.net.au

Hope to see lovely new faces join our club

Regards,
Belmont FC committee

Begin Bright
School Readiness, Primary Tutoring & Holiday Workshops
Newcastle
www.beginbright.com.au
Ph: 1300 234 462
Helping to create happy, smart and confident children.
Get active each day

Why get active?
Regular physical activity is an important part of getting healthy and staying healthy. Encouraging children and teens to be active from a young age can help them stay active and healthy throughout their lives.

Regular physical activity helps kids and teens to:
- grow and develop healthily
- build strong bones and muscles
- improve balance and motor skills
- maintain and develop flexibility
- achieve and maintain a healthy weight
- improve cardiovascular function
- reduce stress and feel more relaxed
- improve stamina
- boost confidence and self-esteem
- have fun with their friends and make new ones.

Did you know?
- In NSW, less than half of primary and just over half of secondary school students do at least 50 minutes of moderate to vigorous physical activity each day.

How much activity?
Kids and teens should accumulate at least 60 minutes of moderate to vigorous physical activity every day. Physical activity should include a variety of activities, including activities which make them want to move as an effort to keep fit and put on muscle. Kids and teens can get even more health benefits from doing physical activity up to three hours every day.

KIDS and TEENS should do strengthening physical activities at least three times a week. Strenuous activities, such as swimming, jumping, running or playing hula hoop, help to build muscle and strong bones.

To help kids and teens be active every day, they need opportunities for sport, play and exercise at school, after school and on weekends.

Physical activity doesn’t all have to happen at the one time. It can be accumulated throughout the day by walking or riding to and from school, being involved in activities at school, active play at home or taking part in organised sport after school and on weekends.

How to help kids and teens be more active
- Be a good role model and have a positive attitude to being active. If your children see you enjoying physical activity and having fun, it can motivate them to participate.
- Encourage them to play in the backyard, dance to music, ride a bike or get involved in vigorous activities like running, swimming or playing sports like soccer, netball or basketball.
- Make time to be active as a family – walk to the local park, go bike riding or take the dog for a walk.
- Encourage active play by playing games that get kids and teens up and moving, such as ball games, running races and other equipment. It helps them develop and practice new skills.
- Parks some distance away from your destination – school, sport or the shops... and walk the rest of the way.
- Make sure kids and teens have an opportunity to be active after school, either through active play or organised sport.
- Encourage kids and teens to try different sports or activities so they can find one or more that they really enjoy.
- Start small and build up the amount of physical activity that your children do, particularly if they haven’t previously been very active.
- Minimise the amount of time that kids and teens spend being sedentary (sitting) every day. Kids and teens should spend no more than 1 hour a day using small screen entertainment such as watching TV, going online or playing computer games. Break up long periods of time sitting with physical activity such as playing in the backyard or dancing to music as much as possible.

Good for Kids good for life
Simple and inexpensive physical activity

Increasing the amount of physical activity in your child’s day is a simple and inexpensive way to improve their health and wellbeing. Being active needn’t cost a lot or take up a lot of time. Here are some fun and easy ways to include more activity in your child’s day:

- Playing games like ‘Simon Says’ or ‘Follow the leader’
- Playing with the dog
- Going for a walk
- Playing in the park
- Dancing in the lounge room
- Kicking a ball in the backyard

Encourage your kids to be creative while having fun and being active, for example:
- To make balls or noughts, roll up newspaper or use cardboard tubes
- For markers or obstacles for games, use elastic bottles, containers or shoes
- Brooms or brooms can be used for hurdles or the limbo bar
- Chair, rope or masking tape are great for game-markings e.g. hopscotch, handball

If you have a backyard, make the most of it! Play hopscotch or kick a ball, chalk up some handball markings, create a soccer goal from bins or other backyard objects or you could put up a netball or basketball hoop. There are lots of simple and inexpensive ways to help your kids be active every day.

Reference: Q4: The Coast In Motion – Family ACTIVation Pack

Need a screen break?

Try Scouts Today – 4 weeks free

Girls and Boys 6-17 years old

1st Belmont Scout Group

Enquiries: 0425-250031

www.belmontscouts.org
ATHLETICS CARNIVAL 2015

Consent Form

Dear Parents/Carers: An excursion has been organised for your child. Information as follows:

<table>
<thead>
<tr>
<th>Activity:</th>
<th>ATHLETICS CARNIVAL 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Venue:</td>
<td>Baxter Oval, MARKS POINT</td>
</tr>
<tr>
<td>Date:</td>
<td>Thursday 21st May 2015</td>
</tr>
<tr>
<td>Children involved:</td>
<td>K-6 (whole school activity)</td>
</tr>
<tr>
<td>Cost of activity:</td>
<td>$4.50 * please pay at the office or Online*</td>
</tr>
<tr>
<td>The classes will depart from:</td>
<td>BNPS at 9:00 am and return to school by 2:30 pm</td>
</tr>
<tr>
<td>Travel will be:</td>
<td>BUS <strong>ALL CHILDREN ARE EXPECTED TO TRAVEL BY BUS</strong></td>
</tr>
<tr>
<td>The group will be supervised by:</td>
<td>Staff from BNPS</td>
</tr>
<tr>
<td>Please wear and bring:</td>
<td>School Sport uniform, joggers (NO SPIKES), hat &amp; sunscreen and bring a water bottle and snacks.</td>
</tr>
<tr>
<td>Additional information:</td>
<td>A school canteen will also operate at the carnival.</td>
</tr>
</tbody>
</table>

This excursion has the full approval of the Principal.

R.Lys Boot

Organising Teacher
6th May 2015

Belmont North Public School

Athletics Carnival 2015- PERMISSION NOTE

Please return to Class Teachers by Monday 18/5/2015

☐ I give permission for my child __________________________ of class _______ to attend the Athletics Carnival, Baxter Oval, Marks Point, Thursday 21/5/15 and have paid $4.50 Online receipt no……………………………………………………………………………….

☐ I agree that I will immediately collect my child from the excursion if their behaviour is posing a safety risk

☐ I do not give permission for my child to attend.

Medical Disclaimer
Parents, please note there is no personal injury insurance cover provided by the NSW Department of Education and Training for students in relation to school sporting activities, physical education lessons or any other school activity. Parents and caregivers are advised to assess the level and extent of their child's involvement in the sport program offered by the school, zones, area and state school sport associations when deciding whether additional insurance cover above that provided by Medicare is required.
The NSW Supplementary Sporting Injuries Benefits Scheme funded by the NSW Government covers any injury resulting in the permanent loss of a prescribed faculty or the use of some prescribed part of the body.

Signed: __________________________ (Parent/Guardian) Dated: __________________________