



Equipping, Inspiring, Belonging

BPS -Equipping for the future, Inspiring to make a difference & Belonging in the present.

Student of the week

CHOOSE YOUR ATTITUDE

You have the power to make an impact. Your attitude is contagious. The question is: What attitude will you spread to everyone around you?

FISHphilosophy.com **FISH!**

PLAY

Using all four practices together will guide you in creating healthy Play boundaries.

FISHphilosophy.com **FISH!**



Silly Season begins

Student of the Week

Lower Division

Week 1 – Oliver M – Trying hard to write independently

Upper Division

Week 1 – Kooper D - Great effort in handwriting.

Home Reading

125 nights – Joe P

150 nights – Oliver M, Heidi S, Roman S, Hunter M

175 nights – Zarah H, Sarah N, Rain T

200 nights – Pippa M, Halle B, Ethan B



Upcoming Dates for your Diary

Oct 29	Kindergarten Transition
Nov 17	FHS yr7 9.45am - 1.30pm
Nov 24	FHS yr 7 9.45am - 1.30pm
Nov 30	School swimming commences TBA
Dec 1	FHS yr 7 all day
Dec 16	End 2020 students
Jan 29	Term 1 commences yr 1-6
Feb 1	Term 1 commences Kindergarten



Welcome back to our wonderful school as we forge on ahead into term 4. OMG... term 4 already- who can believe it?

Change of Routine Notes

With the change of seasons and beginning of a new term we've noticed some changes to afternoon pick up routines. Can I please remind you all of the need to provide us at school with a written note of any recurring or one-off changes so that we can ensure your child stays or gets on the right bus. Thanks for understanding and supporting us.

Absence Notes

A reminder also that we do require a note from you when your child is absent from school. SKOOLBAG is by far the quickest and easiest way to do this and I urge you all to consider submitting absences that way. If your child has more than 2 consecutive days away from school and we haven't already heard from you, we will attempt to make contact with you just to ensure everything is okay and that there isn't anything we can do to help. Absences are required to be explained within 7 days of the first day of the absence before an unexplained is registered and follow up procedures are implemented.

COVID-19

COVID-19 restrictions continue to impact on almost everything we do planning at school. There have been some easing of restrictions allowing students access to some of their regular activities including inter-school sport and transition programs - the two that impact on us the most at the moment. You will read about those initiatives a bit later on. Any children that display flu-like symptoms (runny nose, sore throat, cough, temperature) are required to stay at home and in fact will require a negative COVID-19 test result to be able to return to school.

The focus on restricting adults entering grounds and engaging on site is still a priority and as such processes like phoning the school from the gates to have kids brought out or dropped off remain a priority. On site P&C physical meetings are still not allowed. We are able to meet with families or parents at school around welfare, progress and wellbeing matters.

If you do have to come on site into the school for any reason- we do ask that you ensure that you complete a COVID-19 declaration form, found in the office. This process is heavily audited by our Department.

I expect that there are many questions that you may have around our regular end of year celebrations. Let me assure you that we have been thinking long and hard about options and plans that we might have available to us. At this stage Presentation Nights are a no-no.

School Swimming Scheme

This had originally been cancelled for 2020. On October 12 we read that there would be opportunities for School Swimming to go ahead in modified format- very late but... Yah. Then the swimming pool announced its restrictions on numbers of swimmers, teachers, etc expectations of schools COVID-19 safety plans and preparation by schools. Boo. At the moment all I can say is watch this space. I am determined to make this happen for our kids. My proposed dates are from the beginning of December for anywhere between 5-10 days. Please bear with me.

Tell Them From Me parent survey

The survey closes this week. I have posted several Skoolbag requests for support in this. If you haven't seen it or don't have Skoolbag could you 1. Download Skoolbag app - search for - choose Bedgerebong School then read the post about the survey or 2. just check your app for the post. We would be happy and grateful for your input and support.

Kindergarten Transition

Hopefully I have been able to contact each of the families of the 2021 kindergarten cohort. Kindergarten Transition sessions will commence on Thursday October 29 and continue November 5, November 12 and finishing November 19.

I've already had a few questions so here I go in trying to answer them.

Uniform - Kindi Transition children don't wear School Uniform. Closed in shoes and hats please- oh of course don't forget the rest- casual neat clothing.

What to pack? You should pack recess and lunch, a water bottle, hat, and any other necessary items you think are needed. Consider sunscreen, insect repellent, hand cream etc. Not mandatory - just if you think your child may require it. We will be cooking each of those days, the little ones will be involved in cooking and eating, but as we say about all of the school kids- if your child is a fussy or big eater- pack extra.

How will it work? You can choose to bring your child to the school or after liaising with the bus drivers - put them on the school bus. School starts at 9.10am so if you are bringing them 9am will give some play time first. First up the Kindi T kids will participate in Community Connections for about 30-40minutes with Miss Hanns and Jo. They will then move to the kitchen and garden (or vice versa). After Recess Miss Hanns will have them all together doing some screening, games and work activities. After lunch Miss Hanns will take the Kindi T kids into the "little class" and they will work alongside all of the other K-2 children. All of the equipment will be provided for the children. At the end of the day you can choose to pick your child up at 3.10pm by waiting outside the school gates or you can choose to have them go home on the bus. I would really appreciate a call or message letting me know which option you will take for week 1 and we can go from there. If you have any questions about this program, please pick up the phone and call me at school. 68571185.

Forbes High School Year 7 Orientation- A message from Ms Morrison of Forbes High.

"I am so excited to say that transition is happening this term for our year 6 into 7 students at Forbes High School. The structure of transition has obviously changed and is now going to be as follows:

Tuesday 17th November and Tuesday 24th of November from 9:45am-1:30pm.

- 9:45-10am introduction from Principal, HT Wellbeing and Year Advisor.
- From 10-11am each week students will be completing a PAT test. This will be following by morning tea that FHS will be putting on in the BBQ area for the year 6 students and teachers. This will give the students time to mingle with the students from different primary schools.
- At 11:30am students will then move into taster lessons (2 x 1 hour lessons), each week experiencing 2 different subject areas that FHS has to offer.

Transition will finish at 1:30pm and students will then make their way back to their primary schools.

On Tuesday 1st December all year 6 students will come to FHS for Year 7 orientation day. This is a full day and will require students to be at school from 8:50am until 3pm.

If you have any questions please do not hesitate to email or call me. "

Thanks, Tara Morrison- PDHPE Teacher -Forbes High School

School Magazine

We are aiming to still produce a school magazine this year. As you are probably aware, it takes a lot of time and preparation to produce the Bluebell, at an already very busy time of the year. Early planning is key. This year I would like to run a competition for the

Magazine front and back covers. The winner will have the honour of seeing their artwork published. Any of our students k-6 can enter. Students may receive guidance and help from home, but primarily the work must be their own. Please adhere to the following details:

- Theme - 2020...Wow what a year!
- Can be painted, drawn, pastels, coloured markers etc - the brighter the better. No computer generated images. No writing added.
- the front cover should be completed in portrait orientation on paper no smaller than A4 or bigger than A3.
- Alternatively you may elect to complete a themed front and back cover - running from the front to the back. In this case, the picture should be completed in landscape A3 size.
- Paper is available on request.
- Finished artwork must be in good condition. (Eg flat, no tears)
- Last day of submission Friday, 13th of November. All entries to Mrs Faulkner.
- First place will be awarded the front cover, second place back cover. (unless a dual cover entry is selected the winner.)
- Any enquires can be directed to Mrs Faulkner during school hours.

Nedd's 50 in 50.

We all had so much fun on the last day of term 3 raising money for the homeless. Thank you Nedd for inspiring us to push ourselves and to 'be there' for others. The 'how many lollies in the jar' competition was a great hit and was a great contributor, along with our lunch and muffin day to the fund raising efforts. We are proud to say \$300 was raised and has been forwarded on to Nedd's charity. Keep up the great work Nedd's 50 in 50. Congratulations to our 6 students for completing the 50 laps of the oval, equating to a massive 12.5 km! Also a huge shout out to Nedd Brockmann who will successfully complete 50 marathons in 50 days today having raised in excess of \$60 000 already.

Social Media

There have been several incidents published on social media and filmed on school premises of student's participating in unsavoury activities. I won't elaborate here as it may draw unnecessary attention to it. I am available to speak to at school if you do have a concern but for now we promote the following.

Advice for parents

The following advice for parents assists in limiting students' exposure to harmful online content:

- Engage in your child's online activity and discuss the types of apps, websites and games they are viewing to ensure content is age-appropriate
- Make use of parental control on devices to help limit your child's online exposure
- Help your child report and block inappropriate content on social media or apps
- Encourage your child to talk to you about anything upsetting they view online
- Visit www.esafety.gov.au for further advice on apps, social media and online safety issues.

Have you used your 2020 Creative Kids Voucher yet?

Thanks to Cheryl George for passing this on.

Due to COVID-19 society restrictions, rules have been lifted and your voucher can be used for art and craft supplies to enable creativity at home, instead of classes only. They can STILL be used for classes and there are many amazing local groups that accept

them.

Claim your \$100 voucher for all NSW children aged 4.5 and over registered for school here: <https://www.service.nsw.gov.au/transaction/apply-creative-kids-voucher>. You'll need your medicare card handy.

Below are some of companies accepting the creative kids voucher towards physical supply packs. (See skoolbag post for live links)

🌀 <https://www.facebook.com/unitystudiosau/posts/3659490754082355>

🌀 https://app.mainstreetsites.com/dmn2985/category/5813/Art_Workshop_Kits

🌀 <https://createhubriverina.com/creative-kits/>

🌀 https://charlieboots.com.au/?fbclid=IwAR1srUAunQ-xNgS67ugar0P_y3ggBlgmXiZoEjJVova6ABvuxoCO_JphkRs

🌀 <https://georginahart.com.au/store/nsw-creative-kids-full-monty-art-kit>

🌀 <https://www.creativekidsaustralia.com/art-packs-2go>

🌀 <https://www.freeinspiritcreative.com/copy-of-silicone-moulds>

🌀 <https://www.imprintmastery.com/shop>

🌀 <https://www.theseedcreativeworkshops.com/Art-Supply-Kits-c51424036>

🌀 <https://www.splashonpeel.com.au/art-kits>

🌀 <https://www.sharonveness.com.au/shop>

🌀 <https://www.mca.com.au/whats-on/art-parcels/>

🌀 <https://artstore.illustration-hub.com/CREATIVE-KIDS-VOUCHER-c55330025>

🌀 <https://holananu.com.au>

🌀 <https://ihartstore.ecwid.com>

🌀 <https://www.craftnation.com.au/pages/craft-activity-packs>

🌀 <https://www.elysianschool.com.au/store/>

🌀 <https://anchorsaweighartstudio.com/product-category/art-materials/>

🌀 <https://messitup.com.au/product-category/creative-kids/>

🌀 <https://www.sewcraftcook.com.au/post/creative-kids-voucher-for-products>

🌀 <https://www.lunaandcodesigns.com/products/creative-kids-diy-art-pack>

Student Wellbeing

As mentioned previously I was going to try to pass on any resources that I found that may assist parents in supporting their kids at home.

This week I have found a few good resources that you may wish to follow up. This one comes from Alexandra Big Life Journal, creator

Now to this week's parenting strategy!

Very often our children challenge the rules and boundaries we put in place.

They want to have more screentime, they want to have their own cell phone, they want to have more dessert...

And when we say no, that's when conflicts and arguments arise...😬

So what do we do in these situations?

Let me first tell you what we USUALLY do.

We explain. "You can't watch so much TV, it's not good for you."

We explain WHY we have these rules and limitations in place. We explain WHY they can't have more screentime, WHY they can't own a cell phone when all their friends have cell phones, WHY they can't have another cookie.

We explain and explain... and they seem not to care or the conflict doesn't go away...

And here's why. Because in explaining we actually forget the most important thing.

Being fair shows you care – FIRST for life

The most important thing is NOT to get them to understand your logical reasoning. The most important thing is to help them process their ****emotions**** and ****feelings**** AND to show them that YOU understand.

You understand their feelings. You get it.

Here's what you can say:

"I know this is so hard. You really want to keep watching the show. It's so so hard to hear "NO" when you REALLY want to. I get that. I really really do."

Sometimes that's all you need to say.

You can offer a hug, you can let them cry and express their strong feelings. They need to know that all feelings are okay. They're welcome to show how they feel about the rules and boundaries. And you, as their sturdy leader, is there to listen, understand, and hold your ground.

That's it for now. I hope this was helpful. Alexandra

K-2 News

The final term is here and we are more excited than ever to be back. As we head into our last term just a reminder that we still ask all students do home reading every night and that they all bring their own glue sticks to school.

We started the term exploring 'whole number' in mathematics. We played dice games and subitizing games but everyone's favourite game was trading with the MAB blocks. Miss Hanns



Big Class News

Welcome back for the final term of 2020. Let's hope we can complete the year productively and with relative normality. Already our Term 4 units have started, and I am rather excited about English because our school theme is 'You're the Voice. We will be delving into script writing, exploring reader's theatre and performance. A big focus will also be on reading fluency. Reading fluency is fundamental to attaining autonomous reading and comprehension. I encourage all parents to spend a little time listening to their children read - yes even the Year 6 students! In History stage 2 are learning about changes over time in their local community while the Year 6 students are exploring Australia's national identity. I apologise if your child has come home singing about football, meat pies, kangaroos and Holden cars. We watched this iconic add from 1976 and it seems it's still as catchy now as it was back then! Don't forget glue sticks and rubbers are required every day. Some students have run out of pages in their drawing books. New scrap books can be purchased for \$2 from the office - we also have a supply of grippy rulers available to buy. Mrs Faulkner

School Travel for 2021

2021 school travel applications are now open
Applications for student travel in 2021 opened from Monday 12 October 2020.

Students who require a School Opal card or travel pass for 2021 can now apply online. A new application should be submitted if a student is applying for a school travel pass for the first time or requesting an additional pass as a result of a new shared parental responsibility situation (e.g. joint custody).



Students who have changed school/campus, changed address, repeated a year or received an expiry notification from Transport for NSW for their school travel entitlement should re-apply or update their details.

*Applications must be completed by the student's parent or legal guardian if the student is aged under 16 years. Students 16 years and over must complete the application form themselves.

Where there is a change of distance eligibility based on a student's grade, the system will automatically update a student's entitlement if they meet the new criteria. If they do not meet the new eligibility criteria, they will receive an expiry notification via email.

Students who have an entitlement approved under a medical condition which is due to expire will receive a notification advising them to re-apply.

Term Bus Pass holders will receive a notification to re-apply.

If a student needs to update their information or re-apply, they should go online to

<https://apps.transport.nsw.gov.au/ssts/updateDetails>

Applications need to be submitted before **31 December 2020** to ensure that current student entitlements are updated and their current entitlement/card remains valid. If their application is submitted after 31 December 2020, the system will automatically cancel an entitlement/card and a new one will need to be issued.

Students in the Opal network applying for a SSTS or Term Bus Pass entitlement for the first time will receive their card at their nominated postal address. Cards will be mailed out from January 2021.

Students residing in Rural and Regional (R&R) areas should receive their travel pass at the commencement of the new school year from their nominated operator, this may be distributed via the school or sent direct to their address. Note: some R&R operators do not issue travel passes.

Students/Parents should confirm with their nominated operator if they do not receive a pass.

New Concession Entitlement Cards

Transport for NSW will be replacing the below cards with Transport Concession Entitlement Cards (TCEC) from October 2020:

- Senior Secondary Student Concession Card (16 years and over) – also used by Mature Secondary Students (18 years and over), Distance Education Students and Home School Students
- Proof of Age card (when a student under 16 years of age looks older)
- Boarder Rail Pass.

All previous cards will be valid until they expire. Students who require a Transport Concession Entitlement Card should speak with their school administration staff.

Enquiries regarding school student travel can be submitted to Transport for NSW at:

<https://transportnsw.info/contact-us/feedback/passes-concessions-feedback>

FREAKY FACTS

A snail can sleep for three years.
Bees have five eyes.
An adult bear can run as fast as a horse.



Giggle Spot

Q: What is blue and goes ding dong? A: An Avon lady at the North Pole!

Q: Why was the belt arrested? A: Because it held up some pants!

Q: Which hand is it better to write with? A: Neither, it's best to write with a pen!

QUOTE OF THE WEEK

"My goal is not to be better than anyone else, but to be better than I used to be." –
Wayne Dyer



Happy Birthday to these recent and up coming party goers.

26 Sept Noah B

29 Sept Hayden R

Upcoming Dates for your Diary

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FISH! Take The FISH! Philosophy home. Engage your family and friends with playfulness. Be there with them in every moment. Choose the attitude you want to have. And make the day of someone you love!

FISHphilosophy.com **FISH!**



BE THERE The FISH! Philosophy is a language. It helps people communicate how they are *being* with each other, and opens the possibility of honest, authentic communication.

FISHphilosophy.com **FISH!**

MAKE THEIR DAY Make Their Day means taking a genuine interest in the gifts of others. It does not come with strings attached. It is not designed to "get" something. Make Their Day is a heartfelt contribution intended for no other purpose than to bring a little joy into someone's life.

FISHphilosophy.com **FISH!**



2020 school term dates

Term 1 29-1-20 - 9-4-20

Term 3 20-7-20 - 25-9-20

Term 2 27-4-20 - 3-7-20

Term 4 12-10-20 - 16-12-20

Mr Faulkner
19 Oct 2020