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NEWSLETTER

WHATS INSIDE THIS WEEK

- Middle Team News
- Sleeping Tips for Children
- Sporting Success
- PTA News
- Dates For Your Calendar
- Community Notices



CONTACT US :

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www.bellblock.school.nz



OUR VISION

To provide in partnership with home and community the educational opportunities for all pupils to develop into life long learners who actively contribute to society in a positive way.



25TH JULY 2017

Dear Parents / Caregivers and Whānau of our students

Haere mai, nau mai to our new students and their whānau who joined us this week: Taituha Anderson, Chloe Bishop, Mikayla Cousins, Flynn Grennell, Ruma Hammond-Smith and Drey Henry. We are always pleased to see new children and their families join us.

It helps us for planning purposes if we know when to expect new students, especially 5 year olds. If you have a child turning five in the next year or you know of someone who has, and they are likely to attend our school, please let Christine or Kim in the office know.

At the last assembly for the term our newly elected Student Council was announced. All Year 8 students who want to help lead our school submit an application, prepare and deliver a speech for their peers and teachers and teacher aides about why they would be a suitable leader. The staff and Year 7-8 students vote (just like the General Election next month – in writing – secret ballot!). The Head Girl and Head Boy (Tessa Georgeson and Daniel Bradburn) remain on the Council as guides and mentors.

The students will make their pledge and receive their badges at Assembly **THIS Friday** at 2pm. We have moved the assembly forward a week as next week the Council will be attending the Lead Conference at City West Church. Assembly days will go back to the normal rotation after this. The second assembly for the term will be in Week 4.

Congratulations to the following students who received Principal's Awards at the last Assembly of Term two: Thomas Hale, Lillie Reid, Jessica Macartney, Coredae Wipiiti-Boylan, Delavan Mackey, Keily Hooper, Samantha Roach, Melody Robertson, Cooper Pringle, Dahntay Friedrich, Lucas Lyford, Devon Cameron, Toby Webb, A-Jay Plowright, Arashpreet Kaur, Odin Kurth, Walter Henderson, O'Connor Lea'ana, Ethan Sahin, Troy Ireson, Luca Poi, Kethan Vavilala, Akeisha Hinz, Konrad Cook, Broly Bennett, Rosella Donaldson, Savanah Marsh, Abbie Daken, Lucy Ireson, Rhia Barlow, Teghan Paterson, Kaylee Campbell, Cazmia Corner, Dylan Roderick, Isaiah Haydon, Lukas Morgan.

Well done to Josiah Hurunui for receiving the Explorers Award and to the following students who received Excellence Awards:

Sports: Tessa Georgeson

Services: Tessa Georgeson, Jackie Callander, Chris Hardegger, Kodie Sarich, Daniel Bradburn

KIA ORA FROM THE MIDDLE TEAM

The Middle Team enjoyed two great sessions with Megan and Harold in the Life Education Bus. Harold talked to us about resilience and relationships. We discussed feelings, our own and those of others and how we can respond to situations using our WITS.

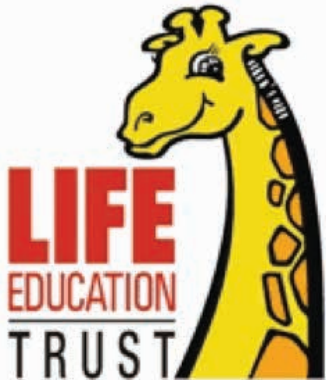
W - walk away

I - ignore

T - talk to someone

S - say an I statement such as "I don't like it when...."

We learnt that by using WITS and 'responding' like a dolphin rather than 'reacting' like a shark we can make problems smaller instead of bigger. Harold also gave us some advice on how to look after each other's feelings by making sure we fill each other's buckets in lots of different ways.



SLEEP TIPS FOR CHILDREN.....

Sleep is important for restoring energy, and for growth and development. There is increasing evidence that not enough sleep or poor quality sleep can negatively affect children's behaviour, learning, health, weight and wellbeing.

Age	Recommended hours of sleep
5 to 12 years	10 to 11 hours
12 to 18 year olds	8.5 to 10 hours
Adults	7.5 to 9 hours



Make the most of your sleep:

- Have a regular bedtime routine. This may include a bath, brushing teeth, reading your child a book in bed. Quiet activities are good before bed.
- Avoid giving your child food and drinks containing caffeine as it can affect their sleep.
- Wind down and relax thirty minutes before going to sleep.
- If possible remove all screen activities from bedrooms at sleep time: - restrict electronic media like iPods, cell phones, laptops and TV thirty minutes before bed.
- A regular relaxation technique may help.
- Avoid doing homework in bed.
- The bedroom should be comfortable by controlling light, temperature and noise.
- Encourage your child to be active during the day, this may also help them sleep better at night time.

SPORTING SUCCESS.....

Congratulations to Logan Kerrisk who competed in the Manawatu Motocross Champs held at Himatangi over the school holidays and was placed 2nd in the Under 17 85cc Class. Well done, Logan!



Dirt and Other Delicious Ingredients

The Taranaki Arts Festival are presenting **Dirt and other Delicious Ingredients** in the Bell Block School Hall on 25th August at 10am and 2pm. The cost of the show is \$5.

This is a great opportunity for our community to view the quality NZ dance team, Java, on our doorstep. *"Follow stubborn Rupert as he tries to resist the percussive beat of Raf's drums, Gustavo's mellow cello and Korra's harvest party. Dance, theatre and live music explode in a land of smelly spice."*

If you would be interested in seeing this show please come to the Bell Block School Office to book your seats. Payment for tickets must be made by **THIS Friday 28 July** at the latest.

PTA NEWS.....

We would like to thank Josh Bennett contacting the PTA and offering to be the DJ/MC for our **'Trolls Disco'!** We cannot have a disco without a DJ. It will be a great afternoon out for the kids. Make sure they have their craziest Wacky Hair going to the Bell Block Hall on the **10th August!** This disco is for Bell Block School students only.

The Anderson's Pies will be ready for collection tomorrow (Thursday 27 July) between 14:45 and 15:30. The teachers will be reminding the students to collect their pies from BBK Hall as well.

TUCKSHOP.....

THIS WEEK'S SPECIAL... Mac n Cheese \$5

Apple Slinky Tuesdays continue this term. The Term 3 menu is out now – check it out.

TE REO PHRASE OF THE WEEK.....

Ko taku upon.....This is my head



DATES FOR YOUR CALENDAR

Thursday 27 July.....Inglewood High School Promotional Visit for Y8 at BBK – 9:30am
Y5/6 Interschool Netball at Vogeltown - 12:30pm
Anderson's Pies delivered – collect from hall 2:45 – 3:30pm

Friday 28 July.....Celebration Assembly & School Council Induction – 2pm in the hall

Tuesday 1 August.....ICAS English exam

Thursday 3 August.....Spotswood College Promotional Visit for Y8 at BBK – 9:30am
Intermediate Open Evening – 5:30pm in the Library

Friday 4 August.....Leaders Conference in New Plymouth

Monday 7 August.....Intermediate Interschool vs Puketapu at BBK – 12:30pm

Tuesday 8 August.....Y8 Debate vs Oakura at BBK

Thursday 10 August.....Intermediate Interschool vs Mangorei at BBK – 12:30pm
BBK School Trolls Disco – BBK Hall - Junior & Middle 5:30 – 6:30pm
- Senior & Intermediate 6:45 – 8:15pm

Friday 11 August.....Y7/8 Chess Tournament

*On behalf of the staff
Roz Miller, Principal*

COMMUNITY NOTICES:.....

Taranaki Primary & Intermediate School Ski & Snowboarding Championships

Date: Best available day* (snow and weather conditions permitting) in Term 3 Venue: Manganui Ski Field, Mt Taranaki

If interested in attending please see Miss Bower for a registration form.

Categories:

Ski - Primary Boys Year 4-6

Ski - Intermediate Boys Year 7-8

Ski - Primary Girls Year 4-6

Ski - Intermediate Girls Year 7-8

Snowboard - Boys Open

Snowboard - Girls Open

Should you be at ED this winter? While winter can bring many ills and chills, Taranaki DHB want to remind families/whanau the hospital Emergency Department is for urgent medical issues only.

For symptoms like ear ache, coughs and colds call 0800 healthline, visit a pharmacy or see your GP.

For injuries like sprained ankles or suspected broken bones visit MediCross or Phoenix who offer x-ray services, treat broken bones and other sports injuries (charges apply).

But for symptoms like chest pain, serious accidents and trauma – you should be at ED. Save ED for emergencies. Go to tdhb.org.nz for more info.