



BENDIGO PRIMARY SCHOOL

OLD VIOLET STREET BENDIGO VICTORIA

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Wednesday 24th February 2021

This week at BVSPS: It's been lovely to have everyone back on—site again. Its hard to believe, but we are half way through Term 1! Our before school clubs are operating (starting at 8am) and please remember to book in for Yoga (density limits!) on Tuesdays. The classroom contributing to the newsletter this week is **Grade 1/2 Douglas**. Our **Fresh Food** distribution/sharing operates fortnightly. The next distribution will be **THIS Friday 26th February** and students will be bringing home some produce. ****Please remember—attendance counts EVERY day at school!** If your child is absent from school, parents are required to contact the school to provide a reason for the absence. Our school wide attendance goals is a minimum of **85% attendance!**

School Captains and Student Leadership Council (SLC) representatives:

Congratulations to the following students who have been elected to the student leadership positions at BVSPS for 2021:

School Captains: Lila C and Cooper F

School Vice Captains: Lux D and Jack W

SLC Grade 6: Viv V-M and Harry P

SLC Grade 5: Freya W and Jesse K

SLC Grade 4: Louelle G and Shane M

They have already commenced work organising the school wide Clean Up Day—Friday 5th March!

Fundraising for 2021: The proceeds of fundraising for 2021 will be directed to purchasing new mats and furniture in the Library. The 2021 voluntary contributions made by parents to date (and thank you to everyone for the great response!) has been added to this. The proceeds from the Bulb Drive (please see detail in this week) will also be directed to the *Library Fund!*

School Council elections: Every year, half of the total number of parent representatives on School Council are open for election (or re—nomination). Parents on School Councils provide important viewpoints and have valuable skills that can help shape the direction of our school. Please consider being involved and please see me (or leave a message) if you have any questions. Nominations will open TODAY- Wednesday 24th February and close on Wednesday 10th March. *Nomination forms are now available at the school office!*



Mandy Costello Principal

Amanda.Costello@education.vic.gov.au



Be Your Best!

Sharon.Frappell@education.vic.gov.au



Calendar of Events

Regular Events

Camp Aust OSHC

Every day, Monday to Friday

3- 6pm

Library Club

Every Monday, 8am- 8:30am

Yoga

Every Tuesday in the M.P.Room, 8am- 8:30am

Email Robyn Matthews for bookings:

robbybobby77@hotmail.com

Brekky Club

Wednesdays—8am- 8:35am

Cheese toasties and milo in the courtyard.

Students only please.

Fun Fit Thursday

Meet at Garden Gully at 8am.

Assembly

Fridays—8:45-9:15am

Students and staff only at this time.

Special Events

Friday 26th February

Fresh Food Friday

Monday 1st March—Wednesday 3rd March

Grade 5/6 Camp to Angahook

Thursday 4th March

School Photos

Friday 5th March

Clean Up Australia Day

Monday 8th March

Labour Day Public Holiday

Wednesday 10th March

Foundation students at school full time now.

Friday 19th March

F-6 Athletics Day

Thursday 1st April

Last day of Term 1

Monday 19th April

First day of Term 2

Pre-loved Uniforms!



Louise Rodriquez is available to assist with selection on **Fridays from 2– 3 pm**.
Please email Louise to make an appointment: Louise.Rodriquez@education.vic.gov.au

Thank you!

All donations of pre-loved items welcome!



Wilson Corner

We live in an increasingly fast paced, immediate and round the clock world. There was once a time when if you wanted to watch your favourite television program, you would have to wait until it came on, then wait a whole entire week to watch another episode. A time when a movie was released, then you had to wait until it came to the cinemas or, miss that and wait until it was released on DVD. A time where if you wanted to talk to someone, you'd phone them up and hope they were home. If not, who knows how long you'd have to wait to talk to them. A time when if you wanted to know something, you'd have to ask your friends, colleagues or parents, trawl through an encyclopaedia or wait to ask someone who might know. A time when you went to the shops and found an item of clothing you liked, hopefully they had it in your size. A time when you finished work, and that was that.



Now we stream. Whatever we want, whenever we want. We phone, text, message, email, snap and tag. We google. We shop online. Emails are received at any hour of the day.

Everything quickly, everything immediate and everything available anytime.

We don't switch off.....at least not all of us.

This is the world our children are growing up in. A world where gratification is instant and patience is boring. As a person, I noticed this inability to switch off or concentrate on only one thing growing in myself over time, and as a teacher, I've noticed it in my students.

A while ago I started doing Yoga and trying to meditate. Essentially Yoga is about promoting the unison of body and mind to increase wellness and Meditation is the part of Yoga focussed on mental relaxation and concentration.

The benefits of meditation are something I believe could really help our children in learning how to cope with this world they're growing up in.

In my Grade 1/2 class we have been trialling some short guided meditations when the children come back after lunch. They can be a bit sickly sweet and airy fairy for my liking, but we are trying to find one that the children enjoy. They say 8 weeks practise is needed to start seeing results, so that is what we're going to do.

The Benefits of Meditation:

- > reducing stress
- > controlling anxiety
- > enhancing self- awareness
- > lengthening attention span
- > improve sleep
- > generate kindness

There are tonnes of guided meditations out there, but personally I enjoy Yoga with Adriene on You Tube, if you'd like to give it a go yourselves.

I'll keep you posted as to whether I see a change in their abilities to focus and be calm, and in the meantime, remember to breathe.

Cheers,

David

For more information, please visit: <https://playistheway.com.au/>

Our school values: **Integrity, Respect, Honesty and Inclusion. We are a Child Safe school.**



Maths

1/2 Douglas Room 8



On Monday, we held our annual 1/2D Great Paper Plane Challenge! We had time to design and build our plane, following the brief of 'Build a plane that will go the longest distance.' On the basketball court, we lined up and got ready for our planes to take flight. After a few trial runs, we were ready to go. Once our plane had flown the distance, we picked it up and stood where it landed. We then measured our flight distance using our feet! We had to make sure our heels touched our toes and we walked in a straight line. What a great activity for length!



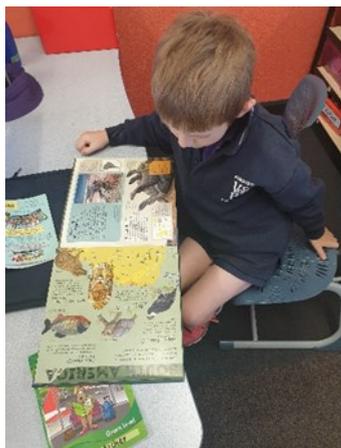
Remember you can access Mathletics at home at www.mathletics.com.au and Mathseeds at <https://mathseeds.com>

Literacy

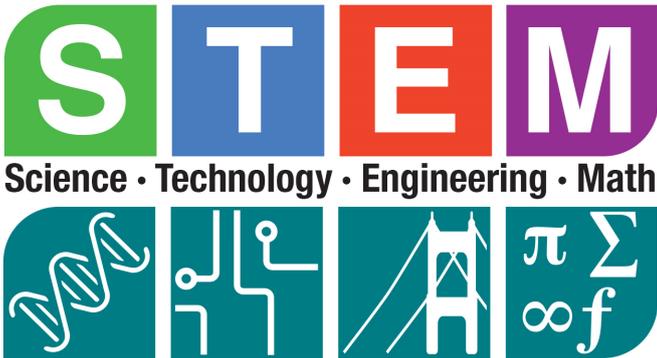
1/2 Douglas Room 8



Each morning we start our day by changing our home readers, choosing a new one to take home and Miss Douglas checks our reader diaries. We have a whole class goal of everyone in 1/2D reading and recording their reading every single night! We're not far off achieving this goal but we need to remember to record our reading at home as we do it! After we have completed these 'morning reading jobs' we love to share our books. Our non-fiction information books are very popular as we love to learn new facts about our world and the amazing things in it.



Remember you can access Reading Eggs at home at www.readingeggs.com



On February 9th Lux and Lila went to the Discovery Centre for a program called girls in STEM (science, technology, engineering and maths), who is run by a lady named Alissa Van Soest. Here is the feedback from Lila and Lux:

Hi my name is Lila Cowie and last year I got chosen for girls in STEM. In our first lesson of STEM we made slime. The first slime we made was classic slime (glue, food colouring and borax. Don't worry we were wearing gloves), we made two more slimes that Lux will talk about. Thanks for reading.



Hello my name is Lux and I got chosen to be in girls in STEM. As Lila said we made slime and I will tell you about the other ones now. The second slime we made was Metamucil and water, it didn't really work so most of us threw it out (it was edible but it was recommended NOT to eat it). And finally the last slime was oobleck, a mixture of cornflower and water and food colouring if you want it to be colourful.

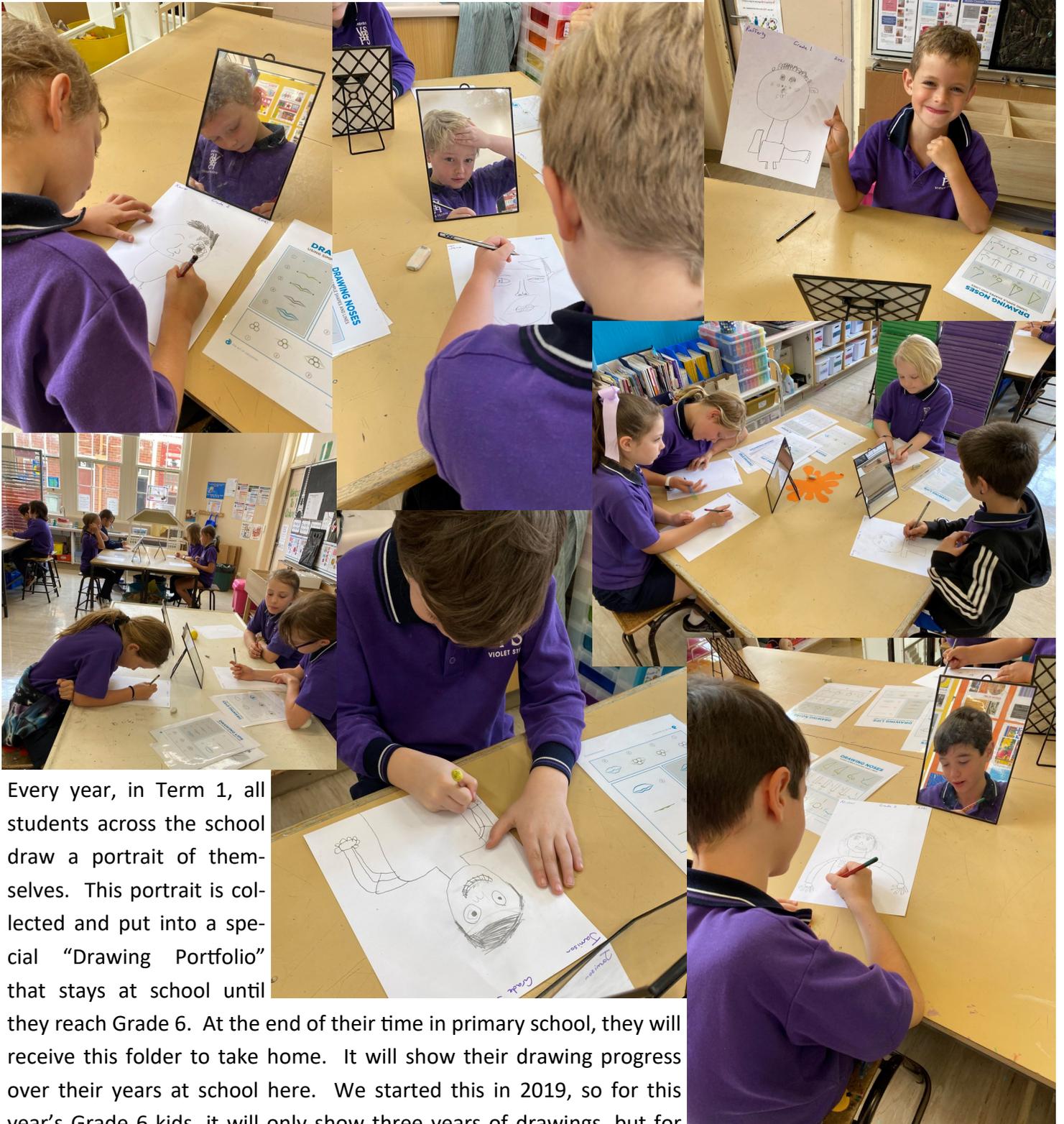


We can't wait until the next session!



Specialist Corner

Self Portraits



Every year, in Term 1, all students across the school draw a portrait of themselves. This portrait is collected and put into a special "Drawing Portfolio" that stays at school until

they reach Grade 6. At the end of their time in primary school, they will receive this folder to take home. It will show their drawing progress over their years at school here. We started this in 2019, so for this year's Grade 6 kids, it will only show three years of drawings, but for the students who have started prep since this year, it will show their drawing ability improve over their entire primary school career. Even now, students are seeing huge differences between last year and this year.

Dear Parents and Guardians,

On Friday the 5th of March from 2:00 pm onwards, every student will participate in Clean up Australia Day. Grades have been allocated an area to work on to help make our school as clean as it can be. Because we would like to be environmentally friendly we would appreciate if your child/children could bring along a pair of gardening gloves and a disposable bag.

Thanks,

Student Leadership Council



The Annual Bulb fundraiser is coming up. Catalogues will be handed out next week for each family with more available from the Office.

The Bulb fundraiser has been very successful in the past and hoping to break our last record and aiming high at raising \$1000!!!

All funds raised will be going towards some much needed new items for the Library. I'll put some helpful tips and suggestions in the following newsletter to help families reach the school goal.

Bec Rowles, School Councillor – P&F Rep



Calling all **Grade 3-6** Boys and Girls, who want to play netball this year, and have some fun. Here is some information you need to know, if you are interested in playing netball this year.

Trainings will be Wednesdays, at the Golden City Netball Courts (beside the Bendigo Stadium), 3:45pm till 4:30pm, unless the weather is poor, then it may be changed. This is also where our games will be played on Saturdays.

The 2021 competition starts Saturday April 24th, and prior warning, that on game days, if it is raining, we still play, unless notified otherwise. The cost for each player is a listed below:

Grade 3 Clinic Players: \$73 (VNA \$58 GCNA player fee \$15)

The clinic is held at 12pm each Saturday.

11/Under Players: \$108 (VNA \$58 GCNA player fee \$50)

Games for this age group are held at either 9am or 10am. This is also a non competitive section, but there are awards at the end of the season.

13/Under Players: \$138 (VNA \$58 GCNA \$80)

Games for this age group will be played at 11am, and is competitive. So there will be finals.

Fees are paid on line, and a link will be sent to you via email to do so, if we have enough to form a team. Please know that if we do not have the numbers to fill a team, I will help you find a team to play with if you wish.

If you are interested, please fill out the information below, and return to the school office by March 9th. Or you can text me your details. Training will start March 17th. If you have any questions, my number is 0473467848

Thanks

Ann Dennis, Coach

NAME: _____ PARENTS NAME: _____

ADDRESS: _____

GRADE: ____ DATE OF BIRTH: _____

EMAIL: _____

PHONE NUMBER: _____