



BELMORE NORTH PUBLIC SCHOOL

201 Burwood Road, BELMORE NSW 2192

Phone: 9750 0652

Fax: 9758 1109

Email: belmorenth-p.school@det.nsw.edu.au

Website: www.belmorenth-p.schools.nsw.edu.au

Monday 8th April 2024

Belmore North Public School Newsletter

Term 1 Week 11, 2025

Dear parents and carers,

As we move into an exciting school year, I am filled with anticipation for all the wonderful experiences that lie ahead. This is a time for growth and collaboration as we come together as a community. Our school is a vibrant place where we can learn, share, and support one another, and I am excited to see what we will accomplish together this year.

Parent and Citizens Committee (P&C)

I am pleased to announce the P&C for 2025. This dedicated group will be led by President Ms. Antoun, with Secretary Ms. Smith and Treasurer Mr. Reid. The committee plays a crucial role in fostering communication between the school and families and by organising community events. Their leadership will help us work together to enhance our school community. I encourage parents to engage with them and share your ideas and suggestions. If you would like to attend the next P&C meeting, please check the Sentral School Calendar for the next scheduled meeting. The Sentral School Calendar has pertinent information pertaining to upcoming school events.

School Uniform

In an exciting development, we have commenced the process of updating our school uniform. This is a two-year initiative that will involve thorough consultation with students, staff, families, the community, and suppliers. We aim to create a new uniform that is not only more accessible and affordable for families but also reflects the pride we have in our school's identity. Throughout this process, we will seek input from all stakeholders.

Student Attendance

As always, I want to emphasise the importance of daily attendance and punctuality. Regular school attendance is critical to your child's academic success and personal growth. Arriving five minutes late can significantly impact your child's learning experience, as they miss important introductory information and disrupt the flow of the lesson. I appreciate your support in ensuring your child arrives on time each day, ready to learn and engage with their peers.

School Initiatives

This year, we are implementing several initiatives to support student learning, including Explicit Direct Instruction, Number Talks, and Sentence of the Day. Explicit Direct Instruction is a teaching method that focuses on clear, structured delivery of lessons and active student engagement. Number Talks aim to strengthen students' mathematical thinking and reasoning skills through collaborative problem-solving discussions. The Sentence of the Day initiative encourages students to practise writing coherent simple and complex sentences, which are essential for developing their literacy skills. Together, these programs are designed to enhance our students' learning experiences and outcomes.

Term 1 Events

I am thrilled to report that our Athletics Carnival and Cross-Country events were a tremendous success! These events not only showcase our students' athletic abilities but also foster a sense of community and school spirit. Thank you to all participants for your enthusiasm and effort, and congratulations to our students for their fantastic achievements. A special 'thank you' to the P&C for their excellent work running the BBQ, which provided delicious meals and refreshments for all.

Personalised Learning Plans

Recently, teachers have been in contact with you to discuss your child's individual learning plans (for those require one). This is an important opportunity for parents to provide feedback and input regarding their child's unique learning needs. By working together, we can ensure your child receives the support they need to thrive academically and emotionally.

Term 2 Homework

Looking ahead, homework term projects will begin in Term 2. In addition to classroom assignments through Study Ladder, students will have a term-long project that encourages autonomous learning and problem-solving skills in science and mathematics. These projects will allow students to explore topics in depth and develop important research and presentation skills. At the end of each term, students will have the opportunity to showcase their hard work by sharing their projects with peers and teachers. Please note that while homework is encouraged, it is not mandatory.

Student Academic Reports

We are also excited to announce that a new student academic reporting format will be trialled in Semester 2. This new format has been developed through collaborative efforts among educators to provide clearer and concise feedback to students and families regarding academic progress. The Department of Education has refined this format to better serve our teachers, students and families, ensuring that you receive the information you need to support your child's learning journey.

Healthy Eating

For those interested, I encourage you to learn more about the **SWOP It Lunch Box Program**. This initiative offers great tips and ideas for creating fun and healthy lunch options for students of all ages. A nutritious lunch is essential for keeping our students focused and energised throughout the school day.



swop it everyday in the lunchbox **LUNCHBOX PROGRAM**

Over **250** schools have used SWAP IT to support parents and carers to provide healthier lunchboxes

What is SWAP IT?
SWAP IT is a school lunchbox program supporting parents and carers to swap what is packed in the lunchbox from **sometimes foods** to **everyday foods**.

- Proven to work
- Loved by schools and parents
- Teachers see tangible classroom benefits
- FREE and easy to run

Did you know...
Improving child nutrition can lead to enhanced academic outcomes, concentration, mental and physical wellbeing

What's involved?

- MESSAGES TO PARENTS**
Tips and ideas for packing a healthy lunchbox.
One term of 10 weekly messages, followed by 2 messages per term ongoing.
- PARENT RESOURCES**
Providing practical and easy ideas for healthier lunchbox swaps.
- CLASSROOM RESOURCES**
Lifetime access to SWAP IT classroom activities, curriculum resources and more!

www.swapit.net.au

Overview of Personal Development Health and Physical Education Syllabus Content

The PDHPE syllabus is designed to help students develop the knowledge, skills, and attitudes necessary for maintaining a healthy and active lifestyle. It encourages students to make informed decisions about their health and well-being, understand the importance of physical activity, and develop respectful relationships.

Key Content Areas

1. Respectful Relationships and Communication:

Students learn the importance of empathy, active listening, and effective communication skills. They explore how to build and maintain positive relationships, resolve conflicts, and respect diversity in relationships.

2. Personal Safety and Wellbeing:

This area covers strategies for maintaining personal safety in various environments, including home, school, and the community. Students learn how to recognise unsafe situations and the importance of seeking help when needed.

3. Safety of Others:

Students explore their responsibilities toward others regarding safety. This includes understanding how their actions can impact the safety of friends and family and learning how to help others in need.

4. Making Safe Choices:

Students are taught to evaluate risks and make informed decisions that promote their well-being. This involves understanding the consequences of choices and the importance of saying no to harmful behaviours.

5. Road Safety:

This component focuses on the rules and practices that ensure safety when travelling by foot, bicycle, or vehicle. Students learn about pedestrian safety, traffic signs, and the importance of being aware of their surroundings.

6. Water Safety:

Students learn about safe practices around water, including swimming and understanding the potential dangers associated with water activities and the importance of supervision.

7. Sun Safety:

This area emphasises the importance of protecting oneself from harmful UV radiation. Students learn about the effects of sun exposure and strategies for staying safe, such as wearing sunscreen, hats, and protective clothing.

8. Personal Care:

Students explore hygiene and self-care practices that contribute to overall health. This includes topics like dental care, nutrition, and personal grooming.

9. Changes to the Body:

This component addresses physical and emotional changes that occur during growth and development. Students learn about puberty and the importance of respecting their own and others' bodies.

10. The Effects of Drugs:

Students gain an understanding of various substances and their effects on the body and mind. This includes discussions on legal and illegal drugs, addiction, and making healthy choices.

11. Physical, Social, and Emotional Development:

This area focuses on the holistic development of students. It encourages them to understand their emotions, develop social skills, and engage in physical activities that promote health and well-being.

12. Empathy and Perspective:

Students learn to understand and appreciate different viewpoints and experiences. This fosters a sense of community and encourages respectful interactions with others.

13. Physical Skills for Specific Activities:

Students develop various physical skills through participation in sports, games, and other physical activities. This includes learning fundamental movement skills, teamwork, and sportsmanship.

The PDHPE syllabus plays a critical role in shaping students' understanding of health and well-being. It equips them with the skills and knowledge necessary to lead healthy lives, make informed choices, and contribute positively to their communities. For more information, you can visit the NSW curriculum website.

If you have any further questions or need additional details, please make a time to meet one of the Assistant Principals.

Scripture Lessons

Belmore North Public School works diligently to ensure scripture lessons run each week, in accordance with school policies. Sometimes, scripture lessons are cancelled due to scripture teachers not being available. Also, there may be times when scripture is cancelled due to insufficient classroom teacher supervision. This is a rare occurrence.

We understand that religious education is important to many families, as such, we aim to run scripture each Friday. We appreciate your understanding and support regarding this matter.

Important Dates for Term 2

As we look forward to many fun upcoming events in Term 2, please mark your calendars! The last day of Term 1 is Friday, April 11th, and students will return on **Wednesday, April 30th**. We have a variety of exciting activities planned, and I can't wait to share them with you.

Check the Belmore North Public School Facebook page for amazing photos of recent school events.

Thank you for being a vital part of our Belmore North community. Your involvement and support make a difference in the lives of our students. Have a safe holiday break.

Warm regards,

Mr JP Kiraz

Principal

Belmore North Public School

