

Things to come



Term 2, 2020

Week 9

Last Day of Term 2

Friday 3rd of July

Parent Teacher Interviews

Term 3

Wednesday 22nd AND

Thursday the 23rd of
July

Pyjama Day

Friday 24th of July

JUNIOR SCHOOL WEEKLY

A Message from our Head of Junior School
Ms Harold

Assalamu Alaykum

Dear Parents and carers

It has been another exciting and busy week at Bellfield. As we fast approach the end of term, I would like to thank the staff of Junior School for their superb efforts in preparing students for their half yearly assessments and catching students up on work missed during COVID. I would also like to acknowledge the work of our some of our school improvement teams. These teams were established to drive improvement in key areas across the school pertaining to Teaching & Learning, School Environment, Diversity, and ICT...with the shared vision of improving all aspects of school life for our children.

I would like to thank the **Innovation in Learning Professional Learning Team** for their tremendous



efforts regarding the introduction to Bellfield of a new learning management system, CANVAS. The team worked hard to participate in all CANVAS training as 'super users' and developed a comprehensive training day to train all of our staff on junior

campus. We look forward to introducing CANVAS to our



students and their parents in Term 3. For more information regarding this LMS, please go to the following link. <https://www.instructure.com/canvas/en-au>

The **Learning Support and Student Diversity Team** has also been hard at work, setting up an additional Learning Support 'hub' for students who require adjustments to their learning, or just time out from the hustle and bustle of the playground. Students enjoy play based learning, problem solving, visual arts and physical activity.



The **Places and Spaces** team has been hard at work giving the canteen some much needed TLC. Stay tuned for more exciting information about our new and improved canteen, including an online ordering app, a catered healthy menu, separate Junior and Senior service areas, and new canteen signage.

Lastly, the **Cultural Diversity team** will be hosting National Pyjama Day next Term! For a gold coin donation, students can wear their pjs to school, to raise money for children in Foster care. Please see the attached flyer for more information.

With one more week left of Term 2, please stay safe and happy. As always, have a wonderful weekend!

Yours sincerely

Ms Harold



PYJAMA DAY



Asalamaykum,

Bellfield College is holding National Pyjama Day on **Friday 24th of July**, the Funds raised will help support children in foster care. **Together at Bellfield, we can support little kids with BIG dreams.**

**Wear your Pyjamas
to support kids in care!**

When: Friday 24th of July

What to bring: A Gold coin donation

(SRC to collect from each classroom)

What to wear: PYJAMAS!

(Keep in mind School dress code policy, i.e. loose fitting pyjamas, no shorts or singlets)

Shoes: Sport shoes

(No Ugg boots or slippers)

What will happen on the day? Special Morning Assembly
and Movie Afternoon in Period 6

(Popcorn and juice will be provided, no movie snacks to be brought from home)

A little bit about foster care and the Pyjama Foundation

Foster care is when a child has to live with a different family due to certain circumstances in their life. These foster families aim to provide them with the care and support. At times this can be a very traumatic and difficult experience for that young child. This is when the Pyjama program supports these young children. It provides them a 'Pyjama Angel' that supports and mentors the young child.

Thank you for your Support,

CULTURAL DIVERSITY TEAM

This event has been Board endorsed and is optional for families.



From Boredom to Benefit

"Dad, have you ever become so bored that you don't know what to do?" asked my son last night. Without doubt I have experienced that feeling as well. This question got me thinking about how I might binge-watch a Netflix series during these times and whether there is something better I could be doing.

First and foremost, one needs to define what boredom is. The authority in the field of boredom is psychologist Erin Westgate. She states that "the emotion of boredom signals deficits in attention and meaning." She likens boredom to pain in the sense that they both are unpleasant and they both alert of something. Pain alerts us of an injury to our body whereas boredom alerts us to our inability or unwillingness "to successfully engage attention in meaningful activities."

When her research is unpacked it is found that boredom occurs from one of two paths. The first path towards boredom is when one does not recognise the benefit of what they are doing. Many students fall into this trap when thinking of school work. They might ask: Why am I learning this? How will learning this help me in life? If a teacher is able to connect the subject-matter of their lessons to the students perception of their future they might be able to save them from this path towards boredom.

The second path towards boredom is the level of difficulty of the task that one is involved in. One might feel bored if the task that they are engaged in is too easy or too hard. Some online academic platforms use complex algorithms to adjust difficulty levels for this reason. Examples of such online platforms are: Khan Academy, Zearn Math, and Leap Innovations.

An important note that Westgate adds is that boredom, in and of itself, is not positive or negative. Rather, the method in which one responds to boredom makes it positive or negative. Thus, if one responds well and uses boredom as a tool to recognise when to change one's train of thought and tackle his problem in another way it is helpful. But, if one uses boredom as an excuse to binge a Netflix series, it would be unhelpful.

Suggestion: when your child complains of boredom make two lists: a "So Boring" list and a "So Awesom" list. Then, with your child, see if you can find a pattern that could inspire them to make positive changes to their lifestyle.

Hamid Waqar



Illuminations News

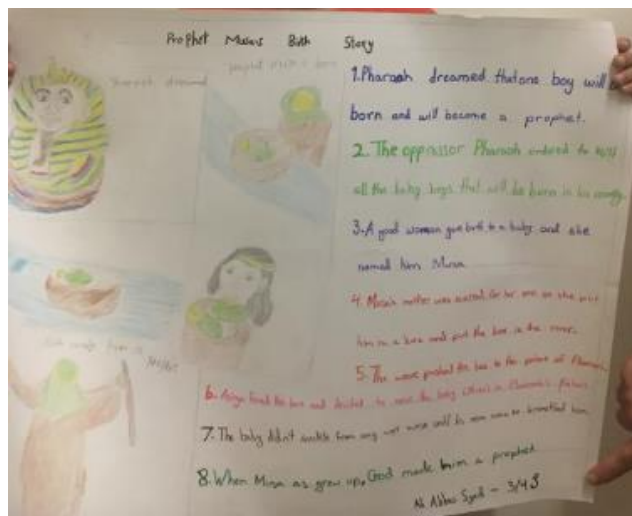
Salamun Alaykum Dearest Parents,

In our era today, it is unfortunate that we have very poor role models to which many of the younger generations live up to, when in fact, in Islam; we are abundantly blessed with the best role models. These are our 14 Ma'soomeen, the Prophets and also, the pious and influential believers.

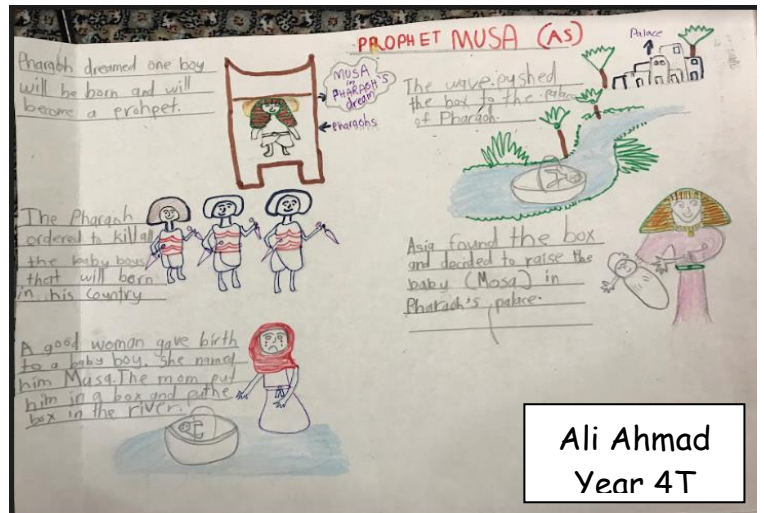
In our Illumination's classes, we have always given special attention to these role models and one of those is Prophet Musa (as) - whereby his strength of character and resilience is evident for us to see. In our classes this term, we focused on the life story of this noble Prophet, particularly, the events surrounding his birth. Based on guidelines in the book, I asked the students to create a storyboard highlighting the main events that led the Prophet to be born right under the nose of the evil Pharaoh whose plot to kill him at birth, failed, showing true Majesty and Might of the Almighty, Allah (SWT).

The students were given the task of writing down the main story line supported with pictures and the following are one of the best storyboards I received; a storyboard whereby it's far from being a STORY in which you are 'BORED'.

Ammar Keshvani



Ali Syed
Year 3/4S



Ali Ahmad
Year 4T

4T Classroom News

Dear parents and students of Bellfield College

As the end of Term 2 draws near, 4T would love to share with you some of the exciting things we have been doing both inside and outside of the classroom.

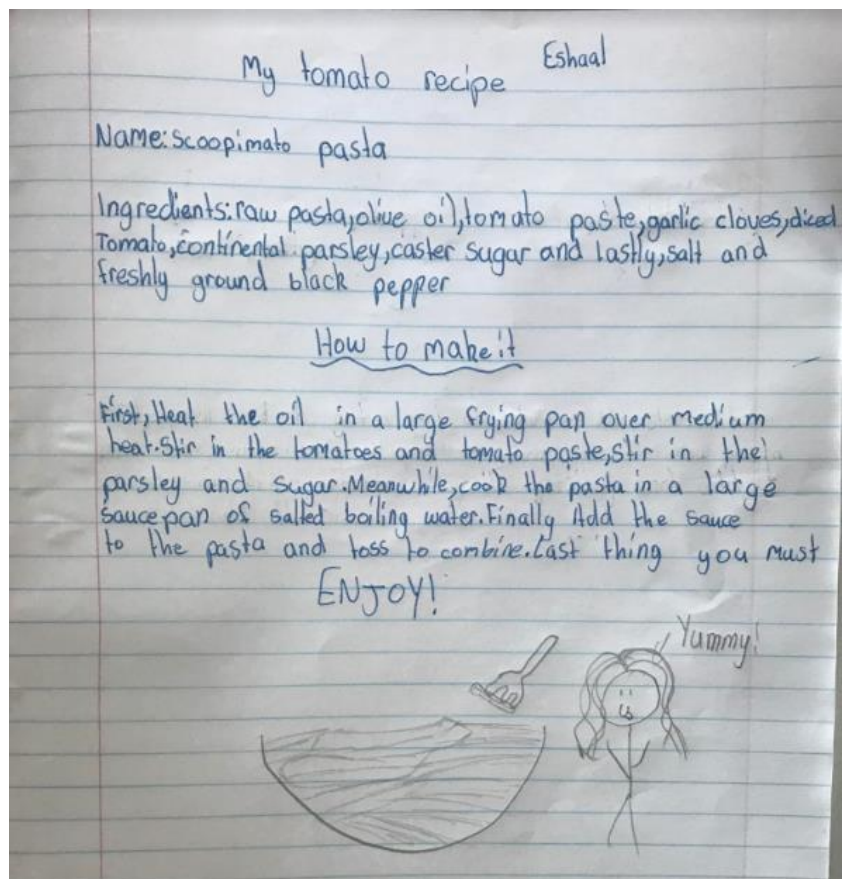
For Science this term, 4T have been learning all about tomato farming! Students began the term by designing their own greenhouses and learning how to care for plants during the different stages of their life cycle. Most recently, and after careful research, students were able to design their own recipes using tomatoes. They did an amazing job and even attempted creating these recipes at home! 4T students are very excited to create a more advanced greenhouse for their final assessment this term.

In PDH, students have been able to reflect on themselves as a person throughout our 'how do I be the best version of me?' program. At Bellfield College, an important aim is to develop in each student a sense of security, confidence, and self-esteem so they can reach their fullest potential. Students have been able to reflect on what makes them a good person, the importance of being empathetic, and how to bounce back from adversity and show resilience. Students have learnt a lot about themselves and are always looking at ways to implement this in their daily lives.

Thank you from 4T

and

Mr Todd



What makes me a good person?

(Bilal Badami)



- I am filled with integrity.
- I am filled with bravery.
- I am filled with Determination.
- I am filled with respect.
- I am filled with Empathy.
- I am filled with Patience.
- I am filled with Equality.
- I am filled with Humbleness.

My Tomato Recipe

Date: 22/01/2020

Rousal and Noora's Tomato Pasta

Ingredients:

- Tomato Paste
- Pasta
- cheddar Cheese
- chopped tomatoes
- 1 onion
- 1 garlic clove
- vegetable oil

Method:

1. In a large saucepan, cook the pasta.
2. Peel and chop the onions and chop or crush the peeled garlic.
3. Heat the oil in a medium saucepan and add the onion and garlic.
4. Gently fry the onion and garlic until it's soft.
5. Add the tomatoes and simmer it for 5-8 min.
6. Drain the pasta, add to the sauce and sprinkle the grated cheese on top.
7. You can serve it with bread and a side of salad if you would like.
8. Eat it and enjoy!



BELFIELD COMMUNITY NOTICE BOARD

Cut off to receive
orders before Ramadan is
Friday 27th March.
TEXT 0428831515 to order
or for more info.

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Hoops with floral
arrangements.
Sizes available
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