



Belmore's Business

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Editor Ms C Harrison

Belmore Boys' High School Newsletter 2019 Number 4, Term 2 Week 10

also available at the School Website <http://www.belmoreboy-h.schools.nsw.edu.au>, on FaceBook and Twitter

Belmore Boys High Upcoming Events 2019 Term 2		
Event	Date & Time	Location
Last Day of School Term 2	Week 10 5 th July	All students
Bunnings BBQ	Friday 5 th July	Ashfield Bunnings
First Day of School Term 3	23 rd July 9am	All students
P & C Meeting	Thursday 8 th August	Library Multi Media Room
Parent and Teacher interviews	Tuesday 30 th July	Library

Principal's Message

Staff, students and US Marines got their hands dirty for a good cause

From city, to the country and to the world, our message is always about supporting students in giving them the best opportunities for a meaningful life. On Wednesday 19 June, our school hosted staff and students from Menindee Central School to a day with our school community and our special guests the US Marines from USS Wasp.

Following the showcasing our school on Better Homes and Gardens, BBHS was a point of interest from the USA Ambassador and wished to connect the US Navy and Marines, who had just arrived to Sydney with our school community. Our school was selected to host a day of gardening for Marines and Navy officers as part of our commitment to build understanding around our diversity and our Belmore family. The two day event involved a gardening project at Belmore Boys High School and a visit to the naval ship.



Students from Menindee and Belmore worked side by side with young Marine officers on the Wetlands Project on the back paddock area of our school. Day 2 of the event saw students enjoy a guided tour of the ship which raised awareness around life at sea.

In addition to building cultural awareness, the event was about building aspirations and widening horizons for indigenous and culturally diverse students.



Have a safe break

I will be taking some leave next term for 2 weeks. While I am away, Mr Borg will be relieving as Principal and the team will continue to serve our community as we have done over the years. Have a safe break and rest up as the cold season arrived!

Ms Ramadan

Deputy Principals' Message

According to the National Sleep Foundation, teens need about 8 to 10 hours of sleep each night, however most teens do not get enough sleep. Sleep is vital for the body to function at its best and is like food for the

brain. Not getting enough sleep will limit students' ability to listen, learn and concentrate. It also leads to aggressive or inappropriate behaviour, contributes to illness and causes an increase in eating, particularly unhealthy foods. In order to promote good sleep patterns in your child, establish a bed and wake-time and stick to it, don't eat, drink, or exercise within a few hours of bedtime, don't leave homework for the last minute and try to avoid the TV, computer and telephone in the hour before bedtime.

Another useful tool for helping students' brains and bodies to function at their best, is to ensure that they start the day with healthy breakfast (at school we have a Breakfast Club on Monday and Friday mornings before school). Encourage your child to avoid sugary sweets and fizzy drinks by providing them with a packed lunch that contains healthy foods. Filtered water has been made available from the new water fountains that school has provided so students should bring refillable bottles which is both healthy and environmentally friendly.

Some great ideas that can be packed are: Left overs of curry and rice or noodles; hummus with pita bread or carrot and celery sticks; soups in a thermos; fruit salad; wraps with salad and or meats; yogurt and muesli packs; sushi; salad bowls of tabbouli or mixed lettuce and protein; falafels with salad or in a wrap; steamed dim sims or rice paper rolls; chicken wings and drumsticks; cheese and biscuits; quiche or kebab with salad.

Ms White (Relieving)



Department of Education Photo Shoot

In recognition of the efforts our school team has made in the community, promoting the fantastic teaching and learning opportunities that Belmore Boys provides, we were selected to participate in a NSW Department of Education photo shoot. Our students, teachers and facilities will feature in a number of pictures on departmental websites and promotions. It was a great experience working alongside a team of professionals to showcase how great our school is to the rest of the world.

Mr Borg

Educational Shoot



History Alive at BBHS



Zone Athletics Carnival



Menindee and US Naval visit



National Sorry Day



Student Profiles

 <p>Ahnaf Alam Year 7 Favourite sport/team Tennis Fave food Burger Best Subject Language What is Great about BBHS? Going from class to class</p>	 <p>Abel Gebremichael Year 8 Favourite sport/team Soccer Fave Food KFC Best Subject English What is Great about BBHS? Classroom environment</p>
<p>Ambition It Programmer</p>  <p>Abdul Malek Year 9 Favourite sport/team Soccer Fave food Kebab Best Subject English What is Great about BBHS? Everything!</p>	<p>Ambition Be a builder with my dad</p>  <p>Hani Akkad Year 10 Favourite sport/team Argentina Fave Food Chicken and Rice Best Subject Maths What is Great about BBHS? How the teachers respect the students</p>
 <p>Henry Nguyen Year 11 Favourite sport/team Badminton Fave Food Fried Chicken Best Subject Maths What is Great about BBHS? Canteen</p>	<p>Ambition Own my car mechanic workshop</p>  <p>Moawia Abdalla Year 12 Favourite sport/team Barcelona Fave Food Chicken Subject Maths What is Great about BBHS? We are a family</p>

PBL- Please discuss with your child/ren our focus on Positive Behaviour and Learning. This term we focused on of anti-bullying and Refugee Week. Students learnt about the 4 primary types of bullying - verbal, physical, social and cyber.

"Schools are places in which individuals should feel safe, supported and respected, no matter where they come from, what they look like, or who they are. For this reason, students should be mindful before they act and speak by asking themselves: Is it true? Is it helpful? Is it inspiring? Is it necessary? Is it KIND?"

"Refugee Week provides an opportunity for the Australian public to celebrate the immense courage, resilience and valuable contributions made by refugees to Australian society." Students read about the myths and truths that surround the refugee issue.

NB Homework Centre is open Monday and Tuesday after school in the computer lab till 4.30pm