

BULLETIN



East Bentleigh
Primary School

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Term 2 / Week 11 : 25th June 2020

SCHOOL VISION: East Bentleigh Primary School provides a rich, inviting, child-focused environment ensuring that all students feel safe and stimulated. Our students are able to achieve their full academic, creative and social potential, equipped for the challenges of lifelong learning. Students develop into healthy and confident individuals, actively contributing to the world in which they live.

At East Bentleigh Primary School we are committed to child safety.

Hello everyone,

Thank you to the 85 families who took the time to respond to our 'remote learning' survey last week. We have spent some time analysing your responses, both the bouquets and the brickbats to see how we may best fine tune our processes at EBPS - some suggestions are certainly doable, some not so given our current circumstances, however certainly something to think about once things get back to some semblance of normal.

I know that our teachers and ES staff were deeply appreciative of your thanks and acknowledgements. One of the good things to have come out of the new drop off procedures is the visible increase in independence of our younger students; happily carrying their own bags, unpacking them, deciding what they need and when. It is something they are visibly proud of.

This observation was also remarked on by others during the Education forum for Hotham Principals across all sectors of education, which I attended via Zoom yesterday after school, hosted by our Federal member for Hotham Clare O'Neill and the Shadow Minister for Education Tanya Plibersek.

Another thing that was remarked on by an overwhelming number of respondents was that staggered drop offs were much more stress free for families now - especially in terms of traffic flow and use of the kiss and go area, notwithstanding Glen Eira Council trucks deciding to park there at drop off time one day this week!!

Year 5 and 6 Relocation



The excitement for our senior students ramped up a couple of notches yesterday as classes started moving many of their resources into their newly allocated rooms in preparation for their start in the new space next term. Samuel, Miles and Leo would have slept very soundly last night after all the exercise they did with the move.

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East Bentleigh Primary School acknowledges Traditional Owners of Country throughout Australia and recognises the continuing connection to lands, water and communities. We pay our respect to Aboriginal and Torres Strait Islander cultures and to Elders both past and present.



Term 3

In the absence of any specific additional advice from DET in relation to enhanced COVID practices, and the increasing number of infections in Victoria over the past several days we will maintain the current arrangements in regards to social distancing by restricting parent access to the learning areas and maintain the current drop offs and pick-up procedures for the first 2 weeks of Term 3 starting on July 13th. Further advice will come to you as it becomes available.

A reminder of these times follows:

DROP OFF

Preps - 8:45 am

Grades 1 and 2 - 8:55am

Grades 3 and 4 - 9:05am

Grades 5 and 6 - 9:10pm

PICK UP

Preps - 3:15pm

Grades 1 and 2 - 3:20pm

Grades 3 - 6 - 3:30pm

Front gates will be locked at 9:15 am.

In order to minimise congestion, I ask that families please adhere to the times allocated for their year level. Over the past few days I have noticed many students being dropped at the wrong time - please help us in this.

A reminder to those students riding bikes to school that the southernmost gate will be open from 8:50am every day. Please use this gate instead of the main gate.

Another reminder, this time to parents that you must not leave your car unattended in the kiss and go area as you come to collect your children. Parents acting this way are causing others much frustration. Thank you to those parents who are moving on quickly after drop off and pick up.

Advance Notice - Parent Teacher Interviews

We have tentatively scheduled these interviews for Week 3 next term. In order to ensure maximum participation, we will be offering our parents a mixture of Webex based and face to face meetings in our new performing arts space following strict social distancing and hygiene protocols. More specific details will follow when we return next term.

Eurythmy Spiral

After missing many of the special events our school traditionally holds in Term 2, what a pleasure it was to sit in and observe this special annual event with 2 classes earlier this week, held after the winter solstice, the shortest day of the year.

This very simple festival involves the children walking through the spiral, lighting a candle which they then placed lovingly around the spiral to welcome the light. Many thanks to our Eurythmists Kate and Melissa and our piano accompanist Josef. It was a lovely experience.



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2020 Camping Program

We had an overwhelmingly positive response to our question to parents about camps this year. Despite the continued uncertainty about what the future may bring we will plan for the rebooked camps to go ahead. As it will be the first camp in the second semester, and in order to support families in their planning, Year 4 families will receive a preliminary notice about this before the end of term.

Bentleigh Farmers' Market

A reminder, that our next Bentleigh Farmers' Market will be held this Saturday, between 8am and 12:30pm on our school oval. The weather forecast is for a coolish morning with no rain, so I encourage you to come along, support our school's fundraising efforts and grab yourself some of the freshest produce in Victoria, whilst maintaining strict social distancing protocols.



Advanced Notice - CASEA will be in our school in Term 3 & 4

As part of our Wellbeing Program at East Bentleigh Primary School, CASEA will be joining us at school on Thursdays for Term 3 and 4.

CASEA is a joint program run by Alfred Child and Youth Mental Health Service (CYMHS) and the Department of Education and Early Childhood Development. The staff are from a variety of professional backgrounds including: Occupational Therapy, Psychology, Nursing, Speech Pathology, Social Work, and Teaching.

The program is focussed on social and emotional wellbeing. We hope to work with the child's support networks to help the child to develop better skills in:

- * Understanding and managing emotions
- * Making friends and getting on with others
- * Improving self-esteem and resilience

We hope to do this by working with parents, teachers and students. This will likely include parent groups, child groups, whole class activities and one on one sessions. The program is free of charge. Parents will receive a letter soon explaining the program in more detail. There will also be a questionnaire for parents and teachers to complete. If you have any queries please contact me here at school.

Enrolments for 2021

These are now being taken and places are filling fast. If you know of any sibling enrolments, or any others for next year would you please ask the parents concerned to let us know in the office, so we can begin our planning processes for next year in earnest.

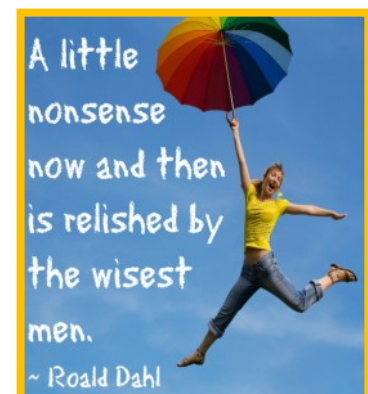
Over the Holidays

Have a great break everyone. I wish you lots of warmth, rest and relaxation so you can come back fresh and eager for the adventures the new term will most certainly bring.

EARLY FINISH TIMES: As Friday is the last day of the term, a reminder that school will finish an hour earlier than your current allocated time tomorrow - Preps @ 2:15pm, Grades 1 and 2 @ 2:20pm and Grades 3 - 6 @ 2:30pm.

Term 3 begins on Monday 13th July at your allocated staggered start time - as mentioned on the previous page.

Until next time.....Maria Shearn - Principal



parenting*ideas

INSIGHTS

Charting a new course for kids post COVID-19



While we've been denied access during the COVID-19 pandemic to activities such as playing group sport, spending time in a café or meeting with friends, there's been plenty of upside too.

Discussions with friends reveal that family life has been a big beneficiary from the physical distancing measures. Comments such as "It's so good to slow down," "I cherish the time I'm spending with my children," and "I'm discovering the joy of having real conversations with my teenager" point to the positive side of getting off the family roundabout many of us have been on.

Though the restrictions placed on society are of course challenging, the imposed period of social isolation has provided an opportunity for parents to forge new habits that have potential to bring more joy and less stress to their children's lives once the threat has subsided. Here are some ideas to consider while charting a new course for kids post COVID-19.

Significant personal hobbies

Our previous reliance on organised, adult-initiated activity to keep kids busy came at the expense of child-initiated hobbies and interests. The rise of personal digital entertainment and communication technology in recent years has also contributed to the demise of hands-on hobbies such as collecting, crafts and music.

The Scandinavians have long valued the positive impact of hobbies on a person's wellbeing and quality of life. In turn they encourage (and in Sweden's case heavily subsidise) the uptake of hobbies and personal interests from a very young age.

Personal learning centres

Experts agree that the future of work will be characterised by constant change, requiring workers to continually learn and upskill if they are to adapt. Our children will need to see themselves as continuous learners if they are to succeed in this uncertain future.

The home is a great place to plant this concept in young minds and there's no better way to do this than establishing their own personal learning centre. Start small with a bean bag, a small book shelf and build from there. It's the idea rather than the physical setting where the learning significance lays.

Mental health practices

This period in isolation has offered an opportunity to embed good mental health practices in children and young people. Three key health practices to continue include healthy eating, plenty of exercise and good sleep patterns. Add regular mindfulness practice, deep breathing and the opportunity to spend plenty of time in nature and you'll be establishing a strong mental health and wellbeing framework for life.

parenting*ideas

Mix of alone and group activities

Life in social isolation has meant family members have had to compromise. Extroverts who love to be surrounded by people have had to give parents and siblings the space they need. Introverts who prefer their own company have been sharing their time, space and company with other family members. Post COVID-19, consider encouraging kids to experience a mixture of alone time, allowing for personal reflection and family time, which promotes family connection. Both are essential for healthy wellbeing.

Deep eldership connection

Increased one-on-one time between parents and kids has been a positive side effect of life in social isolation. The opportunity for parents to connect with children and young people with greater depth and meaning is a return to eldership, practised by past generations. Eldership, where parents shared their wisdom and their vulnerabilities with young people, when combined with healthy rites of passage is a time-honoured way of preparing young people for adulthood.

This period of social isolation has provided a rare opportunity for parents to renew and refresh their children's lifestyles, and in some circumstances, reboot family lives as well. It would be a waste to climb back on the busy roundabout of life once the COVID-19 pandemic has subsided, without making some positive changes to the way we live.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

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School Holidays with Trademark Tennis
29 June to 2 July 2020



Choose a sport they can play for life ... Tennis!

Trademark Tennis will offer one program during the school holidays.

Our Standard Holiday program for all levels of players and our **SQUAD WORKSHOP**.

Early drop off available: 8.30am

Holiday Program Times & Cost:

Designed for players ages 5+

Players are placed in group that will suit their skill level.

All tennis & fitness equipment is provided.

9.00 – 11.00 am	\$30 per day or \$110 for 4 days
9.00 – 13.00 pm	\$55 per day or \$210 for 4 days

NEW Squad Workshop Times & Cost:

Designed for competitive players ages 10+

Professionally planned lessons to improve skills and technique.

9.00 – 15.00 pm	\$65 per day or \$250 for 4 days
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Trademark Tennis coaches are fully qualified & hold a current first aid & working with children certificate.

FUN

FITNESS

SKILLS

TECHNIQUE

STAY ACTIVE

FREE Healthy Breakfast & Morning Tea

BYO LUNCH

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