

This week in the Principal's Report the following topics are covered:

- \* NAIDOC Week
- \* Prep Transition
- \* Year 6 Graduation
- \* Remembrance Day
- \* Class Planning 2021
- \* Sunsmart Reminder
- \* Planning 2021
- \* Enrolments for 2021

## Reporting Student Absences

Please remember to let the school know by 9am if your child will be absent.

Please call or email the school office on Ph: 9570 3525 Email: east.bentleigh.ps@edumail.vic.gov.au

You must also provide a reason for the absence so that we can accurately record it.

**\*\*A signed note by you is also required - to be handed to the class teacher for each absence. Thank you**

## Diary Dates

Prep Transition

Week 8

Nov - Dates TBC

Year 6 Graduation

Thursday 17th December

Last Day of School

Friday 18th December

Students finish 1:30pm.



# East Bentleigh Primary School

Bignell Road

East Bentleigh 3165

Phone: 9570 3525 Fax: 9579 0205

Email: east.bentleigh.ps@edumail.vic.gov.au

12th November 2020

Term 4 / Week 6, Issue 3

## 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.**

## Principal's Report - Maria Shearn

Hello everyone,

I can't believe that when this newsletter goes out there will be only effectively 5 weeks left of school for 2020. What a challenging year this has been and continues to be, especially at this time of the year where we traditionally have so many celebratory events happening that won't be happening, such as performances, awards nights, soirees, showcase dinners, class festivals etc.

Two very important events in the Prep Transition Program and Year 6 Graduation will still happen however, albeit looking very different to previous years.

Work on our new oval continues at pace, with the promise of a beautiful new level playing space ready for use in the new year.

## NAIDOC Week

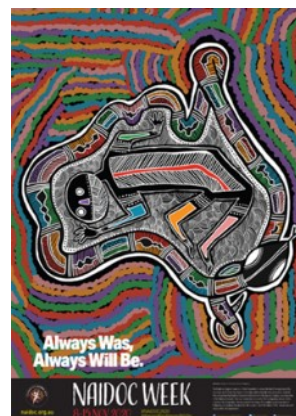
This week is NAIDOC Week, a significant week in our country's calendar. Although it is usually held across Australia in July, this year it is later due to COVID. The week's purpose though remains the same, it is to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

NAIDOC is celebrated not only in Indigenous communities but by Australians from all walks of life.

The week is a great opportunity to participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community.

Students will be engaging in some activities at school to celebrate this event, and you can at home as well. Below is the website

to access the First Nations Bedtime Stories initiative, which is a unique way for all people to learn from and celebrate First Nations cultures. You can access this resource at home to watch five Dreaming stories over five days, told to you by First Nations elders and knowledge custodians from Central Australia. Whilst fundraising or donating is an option, please click on the link [www.firstnationsbedtimestories.com](http://www.firstnationsbedtimestories.com).




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

## Principal's Report - Maria Shearn


### HOW IT WORKS



#### 1 SIGN UP FOR THE CHALLENGE

Set up your profile page in a few easy steps. Get excited for what is to come! Stories from First Nations knowledge custodians shared with you, your class or your family.


[Sign up now](#)



#### 2 COMMIT TO WATCH STORIES

Five short films to watch over five days from November 16 - 20, 2020. These Dreaming stories hold incredible significance for First Nations people and are part of this country's unique cultures and history.

[How it works](#)



#### 3 FUNDRAISE FOR THE CAUSE

If you want to, you can donate personally through your profile page or fundraise in your community. Money raised helps record more stories with community, so we can share the cultures of First Nations people from across Australia.

[Learn more](#)

*Well done to Class 1D for their beautiful interpretations of this beautiful Dreamtime story. In Pareip (springtime), the Boonwurrung people await the return of Lilk (eel), muronong (yam daisy) and guyeem (kangaroo ) apple.*



### Prep Transition

DET guidelines state that whilst prospective preps can attend transition programs, schools must only have 10 students at a time and no parents onsite. We have planned a program for Week 8, starting Monday 23<sup>rd</sup> around these guidelines, however are hopeful that we may be able to have more students and parents onsite after the Premier's planned announcement on the 22<sup>nd</sup> of November.

I acknowledge that this may be causing some anxiety to our youngest students and their families, however rest assured that we will advise you of any changes to the current guidelines and look forward to being able to host a more 'traditional' visit later in the year.

Our newest families will be receiving an email shortly to advise them of the arrangements made which will include an online orientation walk through the classrooms by our Prep teachers, an onsite visit and follow up Webex sessions.

### Year 6 Graduation

This has been planned for Thursday 17<sup>th</sup> December starting at 6pm with a dinner for our students. Currently it is still a student only event. Arrangements have been made to live stream the ceremony for parents to view. Details will be sent home closer to the event.

### Remembrance Ceremony

Yesterday, 11/11/2020 our fabulous student leaders Peta and Sam led our school in our annual Remembrance Day ceremony. Thank you Sam and Peta. I was very proud of the respectful and mature way you conducted yourselves with very little notice. Leadership in action; despite having had limited opportunities to display their fine leadership potential, they were terrific ambassadors for our school.

*Continued next page.....*

## Principal's Report - Maria Shearn

### Student Leadership 2021

We had a number of very excited Year 5 students at school yesterday as we talked them through the upcoming process for choosing our student leaders for 2021. Their first task will be to prepare their written applications which are due in next Friday. Good luck to them all.

### Class Planning - 2021

Much work has been going on behind the scenes in order to prepare our classes and programs for 2021, and whilst we are almost there, we are not yet in a position to announce all classes and their teachers. I hope to include that all important information in a subsequent newsletter.

### Sunsmart Reminder

A reminder that all students are required to wear a broad brimmed hat, (not a baseball style cap), when they are playing outside from now on. This also includes during Physical Education lessons or any other outside activities. Hats are available at the school office if you need a replacement. Cost \$10.00.



### Planning 2021 - Thank You

Thank you to those parents who have been kind enough to let us know that they will be moving to another school next year due to a house move, move interstate or overseas. It really does help us in this all important planning time so we can make the best decisions possible to support all our students in 2021. Thanks to this advice from parents we have been able to open up a couple of waiting lists to families who are keen to join our school.

### Enrolments for 2021

Whilst Prep enrolments are still being taken in our Steiner classes, any Mainstream enrolment enquiries will be put on a waiting list. 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 be sure they are included in our planning decisions which are now well advanced.

**\*\*Thought\*\***

*Especially for our Year 5's-*



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



## [engage] 1 on 1

### Psychology for Young People

East Bentleigh Primary School has acquired the counselling services of Registered Psychologist **Kathy Astrinakis**, from Engage 1on1 Psychology.

Kathy is a private Psychologist who will be providing a bulk billed counselling service to the students at East Bentleigh PS who have a **referral letter** and a **Mental Health Care Plan** (item No. 2715 or 2717) from a referring GP.

The Mental Health Care Plan will entitle students to 8 bulk billed counselling sessions each calendar year. The counselling service will take place at East Bentleigh Primary School allowing ease of access to the service.

Please contact **Sue Jackson (or the school office)**, once a referral letter and Mental Health Care Plan have been obtained from your GP. We will then liaise with Kathy to set up an appointment time for you to meet.



# parenting\*ideas

### INSIGHTS

## What content are children watching?



There's a rising trend of children watching adult content. Sex scenes, violence and inappropriate language, once shown on television during an adults-only time, are becoming staple viewing for many of today's children.

In a recent poll of 1,800 US parents, 40% admitted allowing their children to watch movies that are unsuitable for their age group. A recent discussion by this writer with parents suggests that the trends are similar in Australia. Very few of the parents I spoke with referred to the classification guidelines when choosing content for their children.

The increase in 'adult-only' animation is one factor that blurs the line of suitability for children. Adult-only genres such as Marvel movies and X Men franchise and television programs such as Game of Thrones and The Walking Dead thanks to streaming now count children among their devotees. Computer games, so popular with many children and young people, also cross the line of acceptability in terms of behaviour and attitudes on display.

### Can we become desensitised over time?

Viewing standards, like standards of acceptable behaviour, have subtly shifted over time. Sex scenes, physical violence or violent language is now a common part of adult content, which has a desensitising effect on parents. Desensitisation leads to acceptance and a higher level of exposure to children.

### Does fitting in play a part?

Advertisers know that children's pester power can play a significant role in the type of foods that go into the shopping trolley, which influences how food is packaged and promoted. Pester power plays a similar role in the choice of movies and television programs that we allow children to watch. "All the other kids have seen this movie?" is the type of comment from a child that hits a nerve for many parents, who rightfully want their child to fit in with their peers.

### What are the risks?

There are many concerns about children being exposed to adult content in movies, television programs and the computer games. Here's a summary:

#### Developmental risks

Exposure to content that requires complex adult interpretation can be deeply confusing and disturbing to children. They often have difficulty discerning reality from what they are viewing on television so that they can develop a warped world view. The impact may not be immediate, but will show itself increasingly over time when children's attitudes towards sex, their peers or authority reflect the on-screen content they've been viewing.

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### Impact on attitudes and behaviour

Children are like sponges soaking up what they see and hear. Viewing parent-sanctioned programs that display disrespectful behaviour toward women, abuse of alcohol and drugs, and shows violence as normal have a powerful impact on the attitudes and behaviour of children. Viewed often enough, young minds can interpret these types of inappropriate behaviours as normal.

### Impact on wellbeing

According to the Australian Council on Children and Media (ACCM) there is significant evidence that exposure by children to adult movies and programs leads to the development of exaggerated fears; causes loss of sleep and increases childhood anxiety. ACCM claims that “these fears are not insignificant and can be long lasting.”

### What can you do?

There are a number of actions you can take to ensure the content that children consume is appropriate for their age level, including:

#### Follow classification guidelines

Become familiar with the [Government classification guidelines](#) for movies, television programs and games. Understand what they mean and develop the habit of checking the classification rating of each new piece of content that children will be watching or interacting with.

#### Find out

It's easier than ever to find out for yourself the suitability of content for a child or young person. Research methods include vetting a television program yourself for suitability; searching online for views and opinions before allowing your child to watch a movie; reading reviews of online games to ascertain suitability.

#### Talk with other parents

It's easy to feel isolated as a parent, which makes you more susceptible to children's pester power. Just as children have a propensity to gang up on parents (“Everyone in my class is watching that movie”), parents can gain the strength that comes with numbers when they talk with each other (“I've just checked with some mums and no one is allowing their child to watch that movie”).

Many current community concerns about children such as the increase in anxiety levels, disrespectful relationships and a propensity towards aggression is mirrored in the content many children consume in movies, television and games. It would be folly to suggest that inappropriate content consumption is the root cause of these maladies, however winding back the viewing habits of children to reflect more closely their developmental levels would have a surprisingly positive impact.



#### 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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