

## Principal's Report | - 2

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

- \* Midwinter Festival
- \* Eurythmy Spiral
- \* Bentleigh Farmers' Market
- \* Compass
- \* Enrolments 2023
- \* Sola & The Australian Ballet
- \* Over the holidays

### BREAKFAST CLUB

8:15am-8:45am  
in the PAC.

Children must arrive before  
8:30am in order to be served  
breakfast in time.

Please email Jane if your child  
has any food allergies

[jane.ross@education.vic.gov.au](mailto:jane.ross@education.vic.gov.au)

Thank you

### Reporting Student Absences

From Term 3/2022

Please remember to let  
the school know about  
any student absences by  
logging into COMPASS

Thank you

### Diary Dates

Last Day Term 2

Friday 24th June

Early Finish 2:30pm

First Day Term 3

Monday 11th July

8:50am start



# East Bentleigh Primary School

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East Bentleigh 3165  
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23rd June 2022

Term 2 / Week 9, Issue 5

### 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

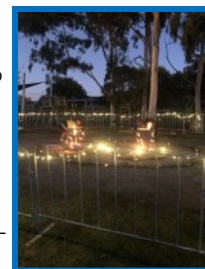
Hello everyone,

As Term 2 draws to a close, I reflect on all that we will have achieved over the past nine weeks; the highlight for many I am sure, being the return of our beautiful Midwinter Festival on Tuesday night. For the first time in what seems forever we will have completed another full term of school on site, although the ongoing COVID and Influenza illnesses and resultant challenges both in staffing and student attendance have made it difficult at times for teachers and parents. I thank all families and staff for their resilience, cheerfulness and grateful spirits in supporting the education and wellbeing of our children.

Despite the ongoing challenges this term has brought, on reading all the children's reports I was extremely pleased to note ongoing progress in our students. I particularly enjoy hearing our children's own voices in the student comment section. Our children's progress and efforts for first semester, are to be congratulated. My thanks to our dedicated staff in steering this growth.

#### Midwinter Festival

Thank you to everyone who attended our Midwinter Festival last Tuesday night. Families were blessed with lovely, dry, crisp winter weather which made our lantern walk such a delightful experience. Whilst I was unable to attend due to illness, all reports I have heard suggest it was a very successful and happy event. My grateful thanks to parent Scott Maunders who took on the responsibility of providing the warmth for the evening. Thank you, Scott, for all the running around in preparation and being our fire marshall on the night, ensuring it was a safe event. The fiery warmth was much appreciated and added to the ambience of the evening. Thanks also to Bunnings who provided the wood for the evening. Thank you also to the group of dedicated teachers who worked so hard behind the scenes to make every little bit go so smoothly on the night.



Continued next page.....



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

### 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 Eurythmist Kate Graves and our piano accompanist Josef and our very own Felidate who filled in for Josef on a day he was unwell. It was a lovely experience. Thank you all.



### Bentleigh Farmers' Market

I can't let the term go by without acknowledging the generosity of our parents who have given so freely of their time over the past semester to maintain the success of the market. It is our one and only fundraiser and so far this year (5 markets to May), has brought in just over \$13,600.00 which is used to ensure the viability of our Kitchen Garden Program and for facilities improvements around the school. My sincere thanks to you all

A reminder, that our next Bentleigh Farmers' Market will be this Saturday between 8am and 12:30pm on our school oval. The weather forecast is for a coolish morning with perhaps a light shower, so I encourage you to come along, support our school's fundraising efforts and grab yourself some of the freshest produce in Victoria. At the time of writing this report we are very light on for volunteers. Please contact Heidi at [heidinankervis@optusnet.com.au](mailto:heidinankervis@optusnet.com.au) if you can help.

### Compass

As previously advised, we will go live with Compass from the beginning of next term, initially with functions such as Attendance, News, Events and you will be able to update your phone and email contacts, then eventually make Parent Payments. You will receive an introductory letter with your family log in details in the mail over the school holidays. Please try and login in before the start of Term 3, so that you are ready to go when we return.



### Enrolments 2023

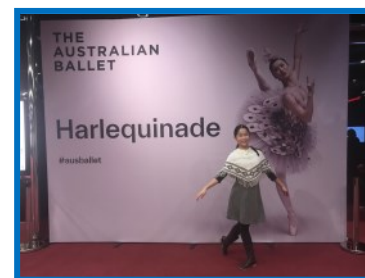
We will be starting our 2023 planning in earnest when we return next term, so if you have not yet submitted your new prep enrolment form to the office I encourage you to do so as soon as possible so we can determine numbers of classes etc. If you know of anyone from outside our school wishing to enrol, please remind them to do the same.

### Sola in Australian Ballet Company performance of Harlequinade

A reminder that our very talented Sola from 6T is performing in 'Harlequinade' with The Australian Ballet. The performance on Friday 24th June is being live streamed. It's a very funny and enjoyable production at the whole family would enjoy.

<https://australianballet.com.au/the-ballets/live-on-ballet-tv>

The stream will be available for 48hours from 7:15pm Friday 24th June for \$25.



### 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; hopefully with the reintroduction of favourite whole school activities we have all missed in recent years, such as the Thursday market. Watch this space ☺

***A reminder that school will finish at 2:30pm tomorrow and Term 3 begins on Monday 11th July at 8:50am.***



Until next time - Maria Shearn Principal



## THANK YOU TO THE FOLLOWING BUSINESSES WHO KINDLY DONATED THEIR PRODUCTS TO HELP US WITH OUR MIDWINTER FESTIVAL

Llewelyn (2D) receiving the generous donation of firewood from Bunnings that his father Scott organised for the school. Thank you to Bunnings, Smart Hire and Moorabbin Steel for your generosity.



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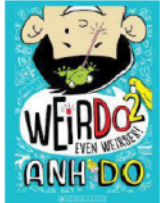
**MoorabbinSteel**

43 Alex Ave  
Moorabbin Vic, 3189  
Tel (03) 9553 6611  
Fax (03) 9553 5515  
7:30am - 5:00pm, Mon-Fri



### Literacy @ East Bentleigh PS

With the winter holidays approaching, what better time to rug up with a warm blanket and a delicious hot chocolate while reading a good book. Here are some book recommendations from students across the school which your child might like to read over the break. If you have any book recommendations please let Amanda or Jill know and we can add them to future newsletters.



#### **Book Review by Bordeaux – Grade 1K**

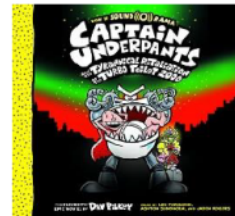
##### **Book Title: Weirdo**

It is a funny book because the main character does a lot of weird things. The characters are all funny. I recommend it for kids aged 7 to 10. I give it 5 out of 5 stars.

#### **Book Review by Cooper – Grade 2**

##### **Title: Captain Underpants and the turbo toilet 2000.**

This is a great book because it has a lot of action and it's very funny. I recommend it for kids between 5 and 10 years old. I give it 4 out of 5 stars.



#### **Book Review by Charlie- Grade 3/4G**

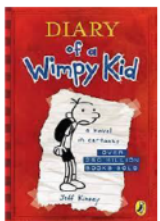
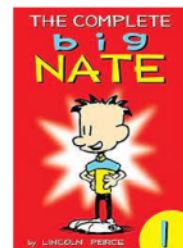
##### **Title: Dog Man**

This is a good book because it's funny and makes no sense! I recommend it for Grade 3 or 4. I give it 4 out of 5 stars.

#### **Book Review by Avishay – Grade 5/6P**

##### **Title: Big Nate**

Big Nate is a pretty good book since it has an interesting plot and a very good sense of humour. I recommend it for kids in Grade 4 to 6. I have it 4.5 out of 5 stars.



#### **Book Review by Layla – Grade 5/6B**

##### **Title: Diary of a Wimpy Kid series.**

This series is funny, full of adventures and is very interesting. Also, there are good plot twists. I recommend it for Grades 3 to 6. I give it 4 out of 5 stars.

We hope you all have a wonderful holiday break. Stay warm and enjoy reading a few good books.

Amanda Kershaw and Jill Griffin- Literacy coordinators.

## Wellbeing at EBPS

Class 1A have been learning how to be **Kind Safe and Fair** and have all signed our class love heart collage agreeing to work to make our class a happy place to learn and play.



By Alison Hackett - 1A Classroom Teacher



## Wellbeing at EBPS

# Wellbeing in Prep J



The children in Prep J have been learning about 'positive coping' strategies and finding the things that make them feel 'happy'. We did a special 'happiness' circle last week and brainstormed lots of ideas for things that can make us feel our best. Everyone shared something that makes them feel happy. We drew a picture of what makes us feel 'happy' and shared this with our classmates. Below are some of the things we shared:



I feel happy when I get to play with my friends at school – Toby

Doing craft makes me happy – Katie

The happiest thing is when we have buddy day at school – Bert

I'm happy when I get to play sport at lunch time – Daniel

Picking flowers and finding bugs from the garden makes me happy - Stevie

# GARDEN NEWS

### Solstice signs

As the shortest day approached (winter solstice) the garden and nature in general got quieter and more still. Plants slowed their growing, deciduous fruit trees shook off the last of their leaves and the butterflies disappeared. But there's always some showy plants that relish the winter gloom and put on a show: rosemary is laden with blue flowers providing winter nectar for honey bees, and citrus ripen. Many local indigenous trees start blossoming which provides lots of nectar for parrots. Soon many wattles will burst into flower bringing pollinator insects which in turn will start the food chain.

Its interesting that there still are surprising finds in our garden like this bright red spider mite and a chrysalis with a putative caterpillar inside, which Prep J are looking after to see what happens over the coming weeks.



### Winter is the tidy time

We have emptied two bays of compost and spread it around our garden beds, planting companion plants for spring (carrots and onions or garlic do well together). We've pruned bushes, weeded and raked leaves for new compost bays, and planted many snow peas with training poles. "Mulch mountain" has finally been conquered and spread around our garden to suppress weeds, conserve moisture and add to biodiversity. Thanks to our hard working "nature warriors" our gardens have never looked so tidy! It sure is a great way to stay warm in cool days all that hard work.

Our chickens have also had a spruced up chicken coop, the leaking roof fixed, and had special manicures for winter: a rubbing of coconut oil into their leg scales to treat spider mite (our two oldest red hens are the most susceptible). Its a messy job but they love all the attention and a cuddle at the same time!



### Chook news

Our baby rooster born last year has been given a new home on a 15 hectare farm in Menzies Creek. This leaves Sol as our sole Rooster in charge and he's very happy about that! He now has 2 additional red hens to look after (bringing our chicken flock to 8) which were kindly donated by a lovely lady Robbie who had to go overseas. They love cuddles and can teach our flock how to use the treadle feeder as they are experts. Thanks to our dedicated team of chicken volunteers who will look after these chickens during the holidays with me.



We hope to name these chooks and our 3 young hens from last year in Term 3 so start thinking of some catchy (but respectful!) names. Looking forward to Term 3 and how the garden changes with the longer days ahead. Happy Holidays!

**Pascale Jacq - Garden Specialist**



# Parenting *ideas* INSIGHTS

*Building parent-school partnerships*

WORDS Michael Grose

## Healthy ways for kids manage their emotions

Emotionally intelligent children, like their parents, know a range of healthy ways to manage their feelings.

**What training did you get from your parents in recognising or regulating your feelings – in other words, in managing your emotions? If you are like me, you didn't get much really constructive help at all.**

"Don't worry! It will all turn out right!" was about the extent of the emotional management in my house, and I suspect in most other houses at that time.

I guess that's why many people automatically default to ineffective ways of dealing with their feelings – such as avoidance, denial and straight-up worrying – when difficult emotions emerge.

Those ineffective strategies are then passed on to their children. Little wonder that anxiety, anger and apathy are commonplace among today's children and young people, even though we live in affluent times.

Sometimes, despite what we were taught, it's better to find ways to deal with negative feelings rather than avoiding them. Avoiding them can allow them to overwhelm us or cause us to act out. Here are seven healthy ways to manage your emotions that you can pass on to your children:

### 1 Breathe deeply

The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight). Count to 3 quietly while breathing in through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little 'heady', which indicates deep (and low) breathing.

### 2 Find a favourite relaxation exercise

There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can't help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax.

### 3 Use a positive reappraisal

Emotions are caused not by an event, but by the way we look at an event. To one person, giving a wedding speech is a chance to strut

their stuff (so they feel excited), while to someone else it is nothing but a nightmare (so they feel anxious). Change the way you view something and you'll better be able to manage your emotional response. "This is a challenge, not a problem" is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

### 4 Use positive, REALISTIC self-talk

Ever talked yourself out of doing something exciting, new or challenging before you've even started? Maybe you've said something like: "I'll never be able to do that" or "This will stress me out big time" or "I'm no good at...."? I know I have.

Next time you catch yourself talking yourself (or something else) down, replace the negative with something realistic but more positive. Something like "I've done it in the past and I survived. So I should be able to do it again." Repeat this a few times and your emotional state will shift to a better one.

more on page 2 >>

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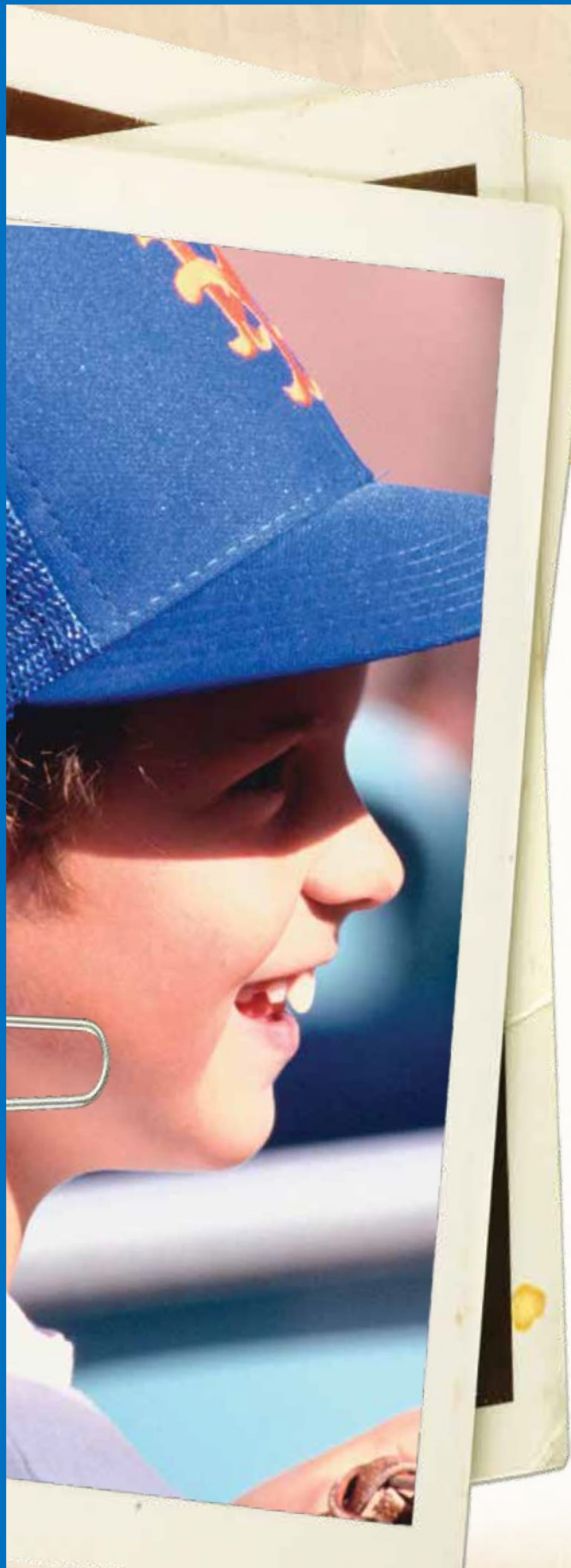
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# Parenting*ideas* INSIGHTS

... healthy ways  
for kids manage  
their emotions ...

2

*deal with negative feelings*

## 5 Exercise

Exercise releases endorphins, nature's feel-good chemical, which will move your mood to a better state. The paradox is that we often don't feel like exercising when that's exactly what we really need. Don't let those feelings stop you. Going for a run, walking the dog or even a playing a game outside with the kids is the very thing you need to feel better.

## 6 Distract yourself

A healthy distraction, such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions. It's a highly recommended strategy for natural worriers! It's amazing how much better a situation will seem after giving your mind a short break from it..

## 7 Have constructive habits and hobbies

One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up and make life enjoyable. Single-tracked lives – all work and no play – are recipes for emotional disaster. If you can relate to this, then I suggest you take the time to find a hobby or interest that juices you up. The same, of course, holds for kids. All work and no play makes ... well, it's hard to hold it together if you are feeling stressed all the time.

**It's important that as parents and teachers we practise good emotional management techniques ourselves so we are better placed to pass them on to kids. The upside is that'll we'll feel better, make better decisions and be more effective as parents and teachers as well.**

This is an extract from "15 right ways to manage emotions", a special report available at [Parentingideasclub.com.au](http://Parentingideasclub.com.au)

Michael Grose



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