

## Principal's Report | – 2

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

- \* Mother's Day Stall
- \* Curriculum Day - BSEM Training
- \* National Walk to School Day
- \* Attitudes to School Survey - Yrs 4-6
- \* Important Dates



# East Bentleigh Primary School

Bignell Road  
East Bentleigh 3165  
Phone: 9570 3525

Email: [east.bentleigh.ps@education.vic.gov.au](mailto:east.bentleigh.ps@education.vic.gov.au)

18th May 2023

Term 2 / Week 4, Issue 2

### 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.*

### BREAKFAST CLUB

8:15am-8:45am

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

There are some Grab 'n Go items and fruit if students arrive after 8:30am

Please email Christine if your child has any food allergies

[christine.kennedy@education.vic.gov.au](mailto:christine.kennedy@education.vic.gov.au)

Thank you

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

### Acting Principal's Report - Susan Jackson

Hello everyone,

I hope this email finds you all well. It always astounds me how quickly the weeks fly by. We are at the end of the fourth week of Term 2 and the last week of my role as Acting Principal of this wonderful school. Maria has been on an amazing adventure through Spain and Morocco and will have many exciting stories to tell on her return next week. I would like to thank all the administrative staff, the leadership team, teachers and ES staff for their help and support during this time. We are very fortunate to have such dedicated and caring staff at East Bentleigh who constantly put the welfare of the students first.

#### Mother's Day Stall

I would like to express a huge thank-you to Leah Moore and her team of helpers who ran a very successful Mother's Day stall last Thursday. It was wonderful to see the community get behind this event.

We would like to thank, Krystelle, Yana, Jerri, Noah and Elyse for their support. Thank you to Cheryl, Loretta and Tania for your generous donation of gifts for the stall.

#### Curriculum Day – Berry Street Education Model

On Monday 15<sup>th</sup> May we completed our Berry Street Education Model training – Domain 4 - Engagement. Doug Bailey was our presenter who walked us through the following:

**Key BSEM strategies:** morning circle, brain breaks, teaching stress in the body, de-escalation skills, and mindfulness.

Self-regulation: routines, regulating movement, ready to learn scale.

De-escalation: the stress response, ready to learn plans.



*Continued next page.....*

### SCHOOL OPEN DAY

Saturday 27th May 2023

10am-12noon

This is a great opportunity for the whole family to come along - (even grandparents, aunts/uncles etc.) and see the beautiful displays of work and art in their child's classroom and around the school.

### Diary Dates

9th MPSSA Cross Country - (Y3-6)  
Thurs 18th May

National Walk to School Day - Fri-  
day 19th May

EBPS Education Week  
- 22nd-27th May

Open Day - Sat 27th May 10am-  
12noon

Bentleigh Farmers' Market - Sat 27th  
May

Whole School Visit - Indigenous  
Performance "Didjeribone" -  
Thurs 8th June

Jump Off Day - Tues 6th June

Mid Year Reports sent home - Wed  
14th Jun

Tabloid Sports - Whole School - Mon  
19th June 1:30-3:30pm

Parent Teacher Interviews 1:30pm -  
Mon 19th June



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.

## Acting Principal's Report - Susan Jackson

### Values:

Values make up core aspects of a person's character. Values are enduring beliefs and attitudes that guide behaviour.

### Strengths

*Strengths of head:* curiosity, creativity, judgment/critical thinking, love of learning, perspective.

*Strengths of action:* bravery, persistence, integrity/honesty, vitality/zest.

*Strengths of the heart:* love, kindness, social intelligence.

*Strengths of community:* teamwork/citizenship, fairness, leadership

*Strengths of self-control:* mercy/forgiveness, humility/modesty, prudence, self-regulation

*Strengths of meaning:* appreciate beauty/excellence, gratitude, hope/optimism, humour, spirituality belief

### Hope

Hope is modelled by adults in a child's world. We need to overdo the hope and optimism for children to have something to hope for. "The Hope Model"

Waypower = generating alternative pathways when encountering barriers, e.g., how else can I get there.

Willpower = strengthening your sense of agency e.g., how am I going to do it.

Waypower + Willpower = goal.

Wepower = creating a support network to help.

Whypower = connecting to a sense of purpose.

### Gratitude

Gratitude practice for young people. What can we be grateful or thankful for? E.g., gratitude diary.

It was a very rewarding and informative day for all.

### National Walk Safely to School Day

Tomorrow – 19<sup>th</sup> May will mark National Walk Safely to School Day, an event when all Primary School children will be encouraged to walk and commute safely to school.

Championed by the Pedestrian Council of Australia, this community event seeks to encourage children to lead a healthier, more active lifestyle by simply including a walk in their day. Furthermore, it aims to raise awareness of the health, road safety transport and environmental benefits that regular walking can provide for the long-term well-being of our children.

**We will be meeting families at Centenary Park (near the tennis courts in Brady Rd as we do every Wednesday) to walk to school tomorrow. We meet at 8.25am and commence walking at 8.30am.**

**I will be joined by teachers from the school. Please join us and celebrate "Walk Safely to School Day".**



### Attitudes to School Survey - Years 4, 5 and 6

The Department's annual "Attitude to School Survey" will take place between Monday 22<sup>nd</sup> May and Friday 9<sup>th</sup> June, 2023. Students in Years Four to Six will participate in this on-line survey. The survey intends to provide an overall picture of how students view their school and learning, as well as their health and well-being. Parents of children in these year levels will receive a letter via Compass with further details.

### IMPORTANT DATES for TERM 2

#### EDUCATION WEEK

**Education Week will be celebrated at East Bentleigh P.S. from Monday 22<sup>nd</sup> May – Saturday 27<sup>th</sup> May**

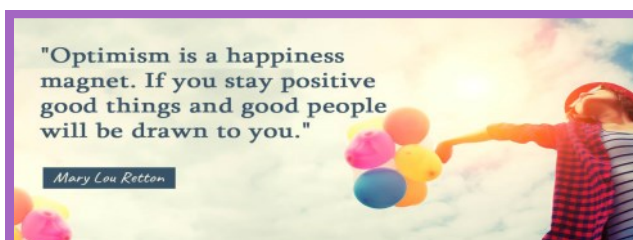
### Prep 2024 Information Night

We will be holding this very important event in our annual calendar during Education Week. Our Prep teachers and school leadership will hold this on **Wednesday 24<sup>th</sup> May at 7.00pm**. Invitations have been sent to our local pre-schools and to those who have attended one of our school tours this year. If you know of anyone who has a child ready to start school in 2024, it would be great if you could let them know.

### Open Morning and Bentleigh Farmer's Market

On Saturday 27<sup>th</sup> May, we will be holding our Open Morning to coincide with our monthly BFM. Market hours remain unchanged - **8.00am till 12.30pm**. Classrooms will be open from **10am-12 noon**. Teachers will be available in their classrooms during these hours. We are looking forward to welcoming visitors to our school on that day.

**Reminder: Please note that there is no supervision in the school yard until 8:45am. Children should not be at school earlier than this unless they are enrolled at before school care with Camp Australia or are attending Breakfast Club.**



**Until next time - Sue Jackson, Acting Principal**

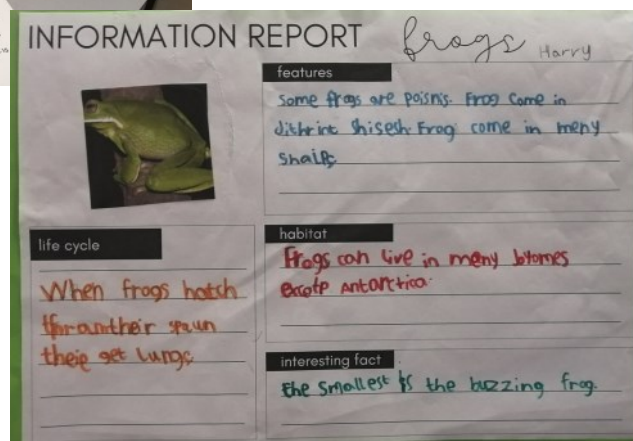
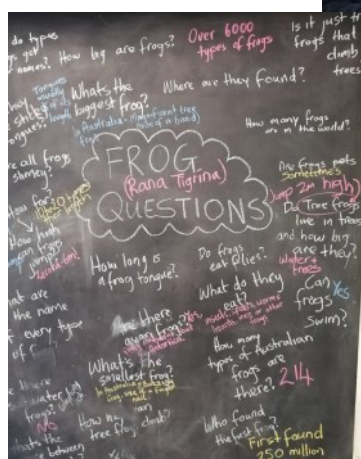
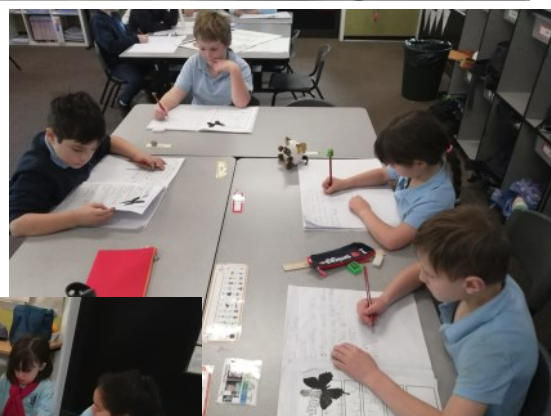
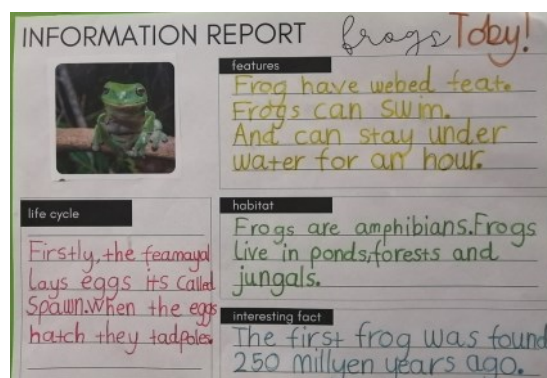
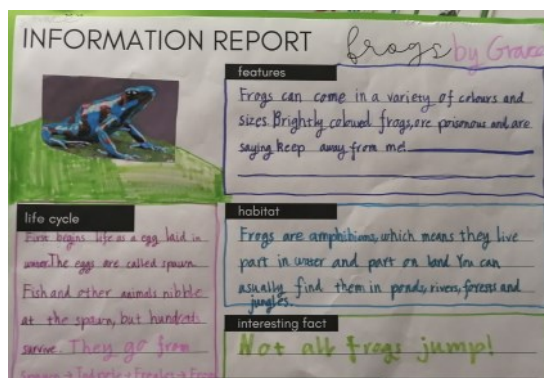


## Literacy @ East Bentleigh PS

### Literacy in 1/2 Mainstream

The Year 1/2 Mainstream classes have been learning about Living Things during our biology-based inquiry unit this term. The students are learning to write information reports, as part of our writing cycle. We spent a couple of weeks investigating frogs and their life cycles. The students used the information they found to create their information reports.

The students are looking forward to sharing their current information reports, on moths and butterflies, with their families during the open day!





# Maths at EBPS



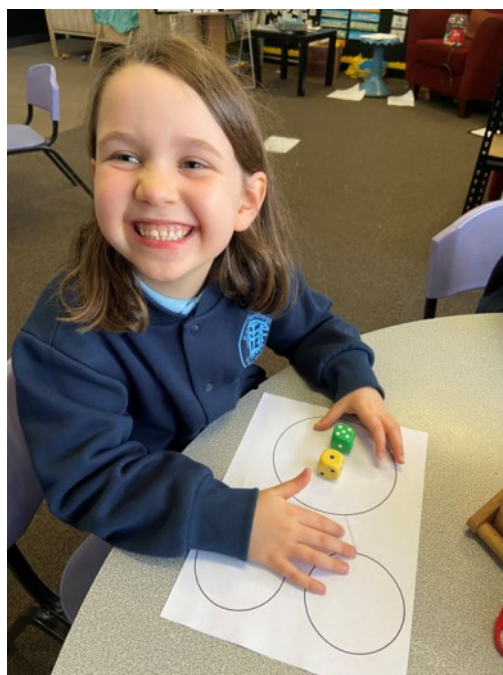
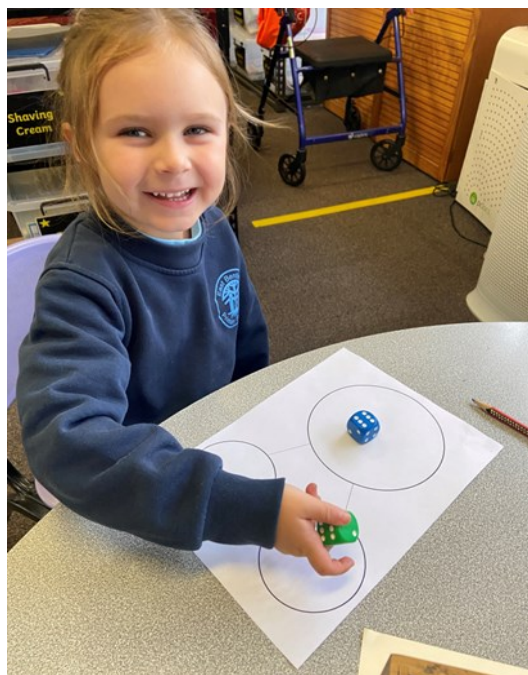
## Maths in Prep M

In Prep M we have just introduced addition. We have been learning through interactive activities, using visual aids and gradually transitioning to written symbols.

Hands-on materials, such as counters and ten frames, enable the preps to actively explore mathematical concepts.

This week, we have had a focus on the part-part-whole model, using concrete objects to help the preps to understand how numbers can be broken down and combined.

Incorporating dice adds excitement and randomness to learning, reinforcing addition skills and promoting mental calculation strategies.



## Wellbeing at EBPS

### Class 3EB

In 3EB wellbeing class we have been honing our class discussion skills to assist us when playground issues arise in our days.

Whether exploring the nuances of friendship or turn taking, the children have grown their capacity to listen and make agreements which serve the group.

This has fit nicely in our main lesson work as we dive into the old testament stories and devise the Ten Commandments of our classroom.



By: Belinda Res - 3EB Classroom Teacher



# MUSIC NEWS

Dear Parents/Carers,

I hope this finds you well as we move into the colder months of the year.

Just as we enjoy keeping warm our instruments like a balanced temperature not too hot (left near the heater) and not too cold (left in the boot of the car overnight). This can affect the tuning as well as the wood expanding and contracting meaning that different parts of the wood like the sound post (the little piece of wood holding the top and bottom plate) and the pegs (that hold the strings) can fall down or loosen.

### Upcoming events

In Education Week next week we are holding our first Soirée's of the term.

We have Class 3 and 4 on Tuesday 23<sup>rd</sup> May and Class 5 and 6 on Wednesday 24<sup>th</sup> May. Both Soirée's start at 1:40pm in the PAC. Parents are welcome.

On Thursday morning our Extension Orchestra is performing for prospective families visiting our school.

On Saturday we will have some students busking at the Open Day.

We still have plenty of space available to students to busk so please get in touch if your child would like to play. Each group gets 30minutes to play their songs and I will be there to help them.

***We would love to see some voice and guitar students too! Please get in touch if you would like your child to busk at the Open Day - Saturday 27<sup>th</sup> May 10am - 12noon.***

### Lessons

It's been incredible to see how the music program has bloomed this year.

If you would like your child to learn Violin, Viola, Cello, Double Bass, Electric Bass, Guitar, Piano or Voice please don't hesitate to get in touch. My email address is [Felicite.Heine@education.vic.gov.au](mailto:Felicite.Heine@education.vic.gov.au). Music is such a wonderful skill to have and we would love your child to have the opportunity.

### School Holiday Programs

For parents looking for some musical opportunities in the holidays **Border Music Camp** in Albury NSW are now taking applications. The camp runs from 2 – 8<sup>th</sup> of July and is a much loved camp by all students who attend and I would love to see some of the East Bentleigh families there. It is open to string students of all levels and would be a great opportunity to hone your skills with students from across Victoria and NSW.

**State Music Camp** will be held at Scotch College this year and runs from 26<sup>th</sup> – 30<sup>th</sup> of June. Another wonderful holiday program students will be guided by some dear colleagues from Scotch and Haileybury College. There are 4 different ensembles that students are auditioned into and the program is sure to inspire.



**Felicite Heine - Instrumental Music Coordinator**

## Learning Diversity @ East Bentleigh PS

By

### Education Support Staff Day 16th May, 2023

ES Day will see thousands of education support staff around the world recognised and celebrated for the extraordinary contribution they make to our students and our schools. At EBPS, we have 24 dedicated Education Support staff in our classrooms, incredible staff in our office and the amazing group who work hard to keep our Kitchen, Garden, Library and Craft programs running smoothly.

Our ES staff enjoyed a lovely morning tea, provided by the teachers, to thank them for all they do around the school.

Thank You

### GARDEN NEWS

Thank you to all the families who offered to help care for the chooks on days I'm not at school. We now have every day covered by a team of dedicated trained up families and I feel so reassured our chooks are in safe hands.

#### Wonderful weeds

Students have been learning about weeds, what is a weed, which ones are edible or have special properties to help our bodies!

Did you know many weeds are more nutritious than the veggies farmers strive hard to grow? The most iconic weed we think of first is the **Dandelion** (from French dent de lion "lions tooth" because the shape of the leaf margins):



Every part is edible and good for us! The bitter leaves and sweet yellow flowers are good as a salad green and help cleanse our blood and remove toxins from our kidneys and liver. The root can be dried and ground up to make a coffee substitute! The similar looking milk weed/sow thistle is also fully edible with similar properties. Milk thistle has multiple flowers on one stalk (dandelions have one flower per stalk), and the milky sap is also good for burning off warts or sun spots on skin. Pig farmers would feed it to sows (mother pigs) to increase milk supply to suckling piglets (hence its other name Sow Thistle).

Another great weed we learnt about is **Plantain** (from Latin Plantago "footstep"). This is both a medicine and food plant around the world. The bruised seeds added to water make a satisfying porridge (used throughout Europe, Africa and even by our First Nations people), and the leaves are filling food (though a bit tough and stringy). The leaves are also used to stop bleeding, soothe scratches and grazes. This is why it's also referred to in Australia as a "bush bandaid". It was used by Pilgrims and Roman Foot soldiers in their shoes to soothe aching feet and blisters and funnily enough likes to grow along paths where it gets trampled! It's incredible these plants turn up by themselves where you need them most, and can tolerate such harsh conditions and still be so nutritious!

If we ate and used more weeds in our lives like the old times we would have healthier lives and save a lot of money from buying things in the supermarket! Just make sure you know all the key features to help distinguish the weed from those that are not edible before you eat it, and only eat ones which are healthy looking and which you know aren't sprayed by herbicides.





### PE @ East Bentleigh PS



**We're skipping through the term!**

Jump Rope for Heart is well underway and it's great to see so many children out in the playground skipping with smiles on their faces. **East Bentleigh P.S has already raised \$2326.**

It's not long until our **Jump Off Day on Tuesday 6<sup>th</sup> June**, so keep on practicing those tricks! And don't forget to share your online fundraising page with friends and family to raise money for a great cause!

Still need to sign up online? It's easy just follow this link and enter your details.

[www.jumprope.org.au/parents](http://www.jumprope.org.au/parents)

P.S Don't forget our skipping goal of 20 hours! Currently, we've completed 8 hours. Only 12 hours to go!

*By John Seeary - PE Teacher*

### MPSSA CROSS COUNTRY

Today 34 students competed at the MPSSA Cross Country event at Karkarook Park. It was cold conditions that greeted us, but to the students credit they performed as best they could, with many outstanding results.

Special congratulations go to following students who qualified for the Division Finals on May 30th.

Mila P. (3EB) who finished 4<sup>th</sup> in the 9/10 yr Girls 2km race  
Indira S. (6A) who finished 6<sup>th</sup> in the 12yr Girls 3km race  
Willow T. (6A) who finished 8<sup>th</sup> in the 12yr Girls 3km race

Thanks to Denise and the parents who helped cheer on the students.

*By John Seeary -  
PE Teacher*



A watercolor illustration featuring a vibrant rainbow arching across a light blue sky. In the lower-left corner, a small sailboat with a blue sail is on a green hill. The bottom of the image shows rolling green hills.

Taraleigh Steiner Kindergarten & Playgroup

Open Day

Immerse Yourself in  
Childhood Magic...

Activities, storytelling, cakes,  
chai and more!

Saturday 27th May 10am - 2pm

90 Bignell Rd Bentleigh East 3165 | Ph. 9570 2246  
[www.taraleighpreschool.org](http://www.taraleighpreschool.org)



# INSIGHTS

by Michael Grose – No. 1 parenting educator



## Make the most of teachable moments to promote resilience

*How they cope will be determined by their resilience and the mindsets of the significant adults around them.*



Kids live in the NOW. Fun comes before work in their dictionaries.

It's easy for parents to get tied up in the NOW particularly when kids experience hardships, frustrations and difficulties. We just want to take away their pain!

When we focus solely on making the situation better we miss some massive opportunities to help kids learn and grow.

The big learning opportunities are usually hidden as problems. Most commonly they are: change, loss, rejection, failure, disappointment and conflict.

Perhaps your child has experienced one of these common challenges:

- ▶ Been snubbed by a classmate or friend
- ▶ Missed being picked for a team even though they tried hard
- ▶ Worried about going to school camp
- ▶ Had something stolen from them
- ▶ Been taught by a teacher they don't get on with

I am not suggesting we want bad things to happen but developmentally life throws up these types of curve balls all the time for kids.

How they cope will be determined by their resilience and the mindsets of the significant adults around them.

When parents and teachers have mindsets for resilience then they see these situations as **TEACHABLE MOMENTS**.

A teachable moment is usually disguised as a problem and is easily missed when we focus on the now.

When faced with a **TEACHABLE** moment ask yourself:

- ✓ **How can I teach my child to cope?**  
e.g. Encouraging kids to talk about problems is a great coping skill.
- ✓ **What can my child learn about himself for next time?**  
e.g. A child may learn when he goes on a school camp that he was dreading that he can spend time away from home and still survive.
- ✓ **What can my child learn to avoid or turn this situation around?**  
e.g. A child may learn that he can reduce conflict with less than pleasant peers by ignoring nasty comments and actively spending more time with friendly kids.

Parenting has always required an exceptionally strong set of skills, including carer, nurturer, leader and negotiator. That's why it is such a hard job.

**BUT** the longer I am involved in parenting the more

I am convinced that Parenting is fundamentally about TEACHING.

The ability to pass on skills, knowledge and attitudes is the most important skill of all.

We teach by modelling but we also teach kids explicitly. That means we talk to kids about 'stuff' and help them to work out how they may cope or manage different situations they meet.

First we need to be on the look out for **TEACHABLE MOMENTS**. Then make the most of these opportunities so that kids can grow and learn from some of the challenges they face.

Mastering these teachable moments is how parents help their kids become resilient and bounce back from some of the setbacks they encounter now and, importantly, in the future.



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MELBOURNE  
INTEGRATIVE  
ONCOLOGY  
GROUP

## Yin and Pin Classes

Commencing Friday 26th of May at 1:00pm

- ✓ Pain
- ✓ Fatigue
- ✓ Anxiety
- ✓ Nausea
- ✓ Sleep disturbance
- ✓ Stress



### 4 x weekly 75 minute sessions

Restorative Yin Yoga sessions led by Claire Evans, followed by gentle acupuncture treatment provided by MIOG's acupuncturist, Dr. Sarah Hennessey (TCM). Sessions are open to both patients and non-patients.

**Purchased in 2 weekly blocks of \$120  
each (\$240 total)**

769 South Road Bentleigh East  
Phone: 95717498 to register your attendance



**BASKETBALL**



**SOCCER**



**CRICKET**

**AFTER SCHOOL  
SPORTS**

**FREE  
TRIAL  
SESSION**

**5:30pm-6:30pm**

**Mondays & Wednesdays**

**5-7 year olds | 8 - 11 year olds**

**Tel: 9547 2555**

**\$15/sessions**

**[springvaleindoorsports.com.au/junior-sports](http://springvaleindoorsports.com.au/junior-sports)**

### Kids Parties

- Space jump
- Sports & jump
- Dodgem cars
- Nerf wars
- Bubble soccer
- Laser tag

