

BULLETIN



East Bentleigh
Primary School

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Term 2 / Week 8 : 4th 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,

As our Year 3 - 6 students join our Prep - 2 students on-site from Tuesday 9th June, the following staggered start times will apply for the remainder of the term, unless otherwise advised.

This week we trialled the Years 1 and 2 students arriving within the same time window, which has worked quite well, so with the exception of our preppies, we will be welcoming 2 year levels; (Years 1 and 2; Years 3 and 4 and Years 5 and 6) at once as of next week. I'm sure that our Years 3 - 6 families will swing into this new routine as well as our Prep - 2 families have.

Drop off arrangements - 8:45am - 9:20am

As we have been doing this week, at **8:45 am** we will unlock the front gates for the arrival of our Prep - 2 students. Prep teachers will continue to meet their classes at the front then move on quickly into their classroom. Our Year 1 and 2 students who arrive at **8:55 am** will be directed to move straight into their classrooms where their teachers will be waiting for them. ES staff will be in attendance to assist any children needing support. This process worked well this week thanks to all families who have so seamlessly adapted to our new protocols.

Our Years 3 - 4 students' arrival time next week will be **9:05 to 9:15am**. These students will be directed to meet their teachers in their classrooms.

Our Years 5 - 6 students' arrival time next week will be **9:15 to 9:20am**. These students ALSO will be directed to meet their teachers in their classrooms. **The front gates will be closed at 9:20 am.**

Late arrivals are always an issue, but they will be more problematic than previously, **as parents will have to call the school office on 9570 3525, to gain access for their child.** Please remember any adult entering the school building for this or any other pre-arranged purpose must adhere to strict social distancing protocols, hand sanitizing and temperature checks - to ensure both their and our staff safety.

Please ensure that you allow for extra time to get back into the school routine and ensure you use the 8:45am -9:20am window to get your children to school.

Families with more than one child can choose one common drop off time.

Pick up arrangements -3:15 pm – 3:30 pm

Prep - 2 students - at 3:15pm students will exit their classrooms supported by a teacher to meet their parents/ carers at the front of the school.

Years 3 - 6 students will be dismissed at 3:30pm and will either make their own way home or be met by parents/carers at the front of the school.

Whilst we understand the natural urge to stop and chat to other parents, we continue to strongly encourage parents, (staff and students) to observe physical distancing measures by not congregating in areas inside or outside our school. **We really need you to move on quickly after dropping/collecting your child(ren). Please also note that extended conversations with teachers must be pre-arranged.** There will be no playing in our school grounds, before or after school during this time.

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Illness Management

For the health of our school community, it is vital that we keep illnesses contained. Influenza and other viruses can spread quickly among students and staff, especially as we head into winter.

It is vital that sick children are not sent to school.

What do we mean by sick? If your child:

- * is suffering from a persistent runny nose (for more than one hour);
- * has an upset tummy – with pains and complaining or showing signs of being uncomfortable;
- * complains of a sore throat (a throat that is red on examination of the back of the throat);
- * has a fever higher than 37.9;
- * has vomited at home, please keep your child home from school for a full 24 hours from the last vomit;
- * has had diarrhoea within the last 24 hours;
- * requires Panadol or Nurofen before attending school for a headache, sore throat, body aches and pains or fever; **they are sick and should NOT be at school.**

If your child needs to go home due to illness, please make sure you have someone on call if you yourself cannot leave work to pick up them. All unwell students need to be collected from school within a reasonable timeframe (within an hour of being called). If this is impractical, please make arrangements with family or friends to be on call for the school to contact.

Please take the time to discuss personal hygiene with your child. Remind children to cover their mouth and nose in their elbow when they cough or sneeze, dispose of any tissues in the bin and wash their hands with soap properly and regularly. With your diligence, we can contain illnesses. More information about the full return to school and Coronavirus (COVID-19) can be found on the Department's website, which will continue to be updated: <https://www.education.vic.gov.au/about/departments/Pages/coronavirus.aspx>

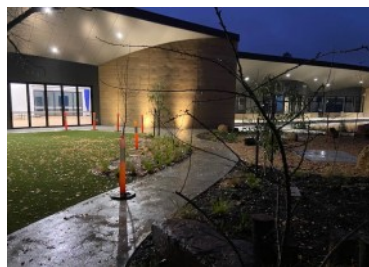
Capital Works Program

I am delighted that our beautiful new facility is all but finished. We have been given the keys and are only awaiting the final paperwork before it becomes officially ours. We are very excited!! It is such a beautiful building. The landscaping around the building is lovely and now only awaiting the installation of the outdoor seating, due in early July. Today we were taken through the workings of the technical equipment.

Our plan is to use the remaining few weeks left in this term to plan for the actual move which will happen by Term 3. The new furniture for the 4 senior classrooms will arrive in the second week of the upcoming holidays, ready for our senior students to begin their learning in this new space. The new senior playground has been ordered and we will have a better idea of the installation date in the next few weeks.

As part of this project we were able to include the laying of a brand new oval area to replace our very sad and damaged one. This work will not begin until either September/October to coincide with the growing season of Spring.

There were a number of other maintenance works we were able to complete as part of the building project. Some were visible, like the complete external repaint of the main building, so it wouldn't look so sad next to gorgeous new addition, and some not so visible but every bit if not more important, such as new roofing for the main building and much needed underground service maintenance. Thank you to our school council members who contributed to all of this work.



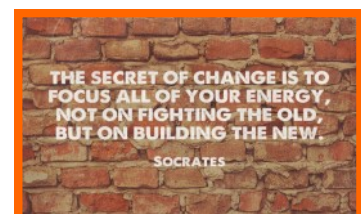
Enrolments 2021

As you would expect all tours scheduled during Term 2 have been cancelled. A virtual tour using QR codes put together by Julia Kantor and our 2019 senior students has been added to our website. Enrolment forms and information may be found in the resources section on our website. Enrolment applications for 2021 are being accepted by email or post.

*****Thought*****

In these uncertain times, this Socratic quote connected with me:

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



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.

CAPTAIN'S CORNER

Riddle of the week

Q. There's an electric train travelling west and the wind was blowing east. Where is the steam going?

A. There is no steam, it's an electric train

By: Samuel

JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Decide to look for what's good, even on the difficult days	2 Re-frame a worry and try to find a positive way to respond	3 Think of 3 things you're grateful for and write them down	4 Show your appreciation to those who are helping others	5 Smile and be friendly, even while you're social distancing	6 Notice the upsides during the lockdown, however small	7 Find a joyful way of being physically active (Indoors or out)
8 Write a letter to thank someone for what they did	9 Find the joy in music today: sing, play, dance or listen	10 Take a photo of something that brings you joy and share it	11 Say positive things in your conversations with others today	12 Make a plan with friends to do something fun together	13 Appreciate the joy of nature and the beauty in the world around	14 Do three things to bring joy to other people today
15 Rediscover a fun childhood activity that you can enjoy today	16 Ask a loved one what they feel grateful for at the moment	17 Be kind to you. Treat yourself the way you would treat a friend	18 Send a positive note to a friend who needs encouragement	19 Create a list of favourite memories you feel grateful for	20 Make time to do something playful today, just for the fun of it	21 Enjoy trying a new recipe or cooking your favourite food
22 Share a happy memory with someone who means a lot to you	23 Look for something to be thankful for where you least expect it	24 Thank a friend for the joy they bring into your life	25 Eat food that makes you feel good and really savour it	26 See the upside in a difficult situation you learnt from	27 Watch something funny and enjoy how it feels to laugh	28 Create a playlist of your favourite songs and enjoy them
29 Take time to do something that makes you happy today	30 Make a list of the joys in your life (and keep adding to them)	<p>"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle</p>				

ACTION FOR HAPPINESS



30 actions to look after ourselves and each other as we face this global crisis together

www.actionforhappiness.org

Keep Calm · Stay Wise · Be Kind