

BULLETIN



East Bentleigh
Primary School

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Term 2 / Week 9 : 11th 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 I said in my email to parents yesterday, how good it is to have all of our students back onsite. As educators we thrive on the energy that our students bring with them every day.

As I write this I can hear the lovely tones of a violin lesson in progress, a sound that as I think about it I will miss next term when we move into our beautiful new facility and the instrumental teachers can teach their lessons in their purpose built teaching spaces instead of the uniform shop and other sundry places around the school. Whilst our senior students won't officially begin classes in their new rooms until next term we will begin moving required equipment in over the remainder of this term as we await the delivery of the new classroom furniture. I know the senior students I have spoken to are very keen to go over for a peek - perhaps tomorrow. ☺

Drop Off/Pick Ups

I'd like to thank all families for responding so positively to my advice regarding staggered drop offs and pick-ups. Yesterday's pick up was seamless with no congestion in sight due to parents moving on quickly after pick up; a complete reversal of the day before. Sending older siblings to meet their younger brothers/sisters in their rooms as they prepared to leave at their designated times was also successful. Well done to everyone. I have reprinted the staggered times for your reference. It was also great to see the majority of senior students observing their designated times, assisting in reducing congestion in the morning.

As a further refinement to our processes, from next Monday onwards all students riding bikes to and from school will enter/exit through the southernmost gate (near the bike shed).

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

Thank you- Anita and Troy

A heartfelt thank you to Anita (ES Staff member) and Troy (4P) who spent time on the Monday public holiday festooning our front fence with messages of welcome to our returning students. What a thoughtful and caring idea. A perfect way to fill everyone's buckets. ☺



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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.

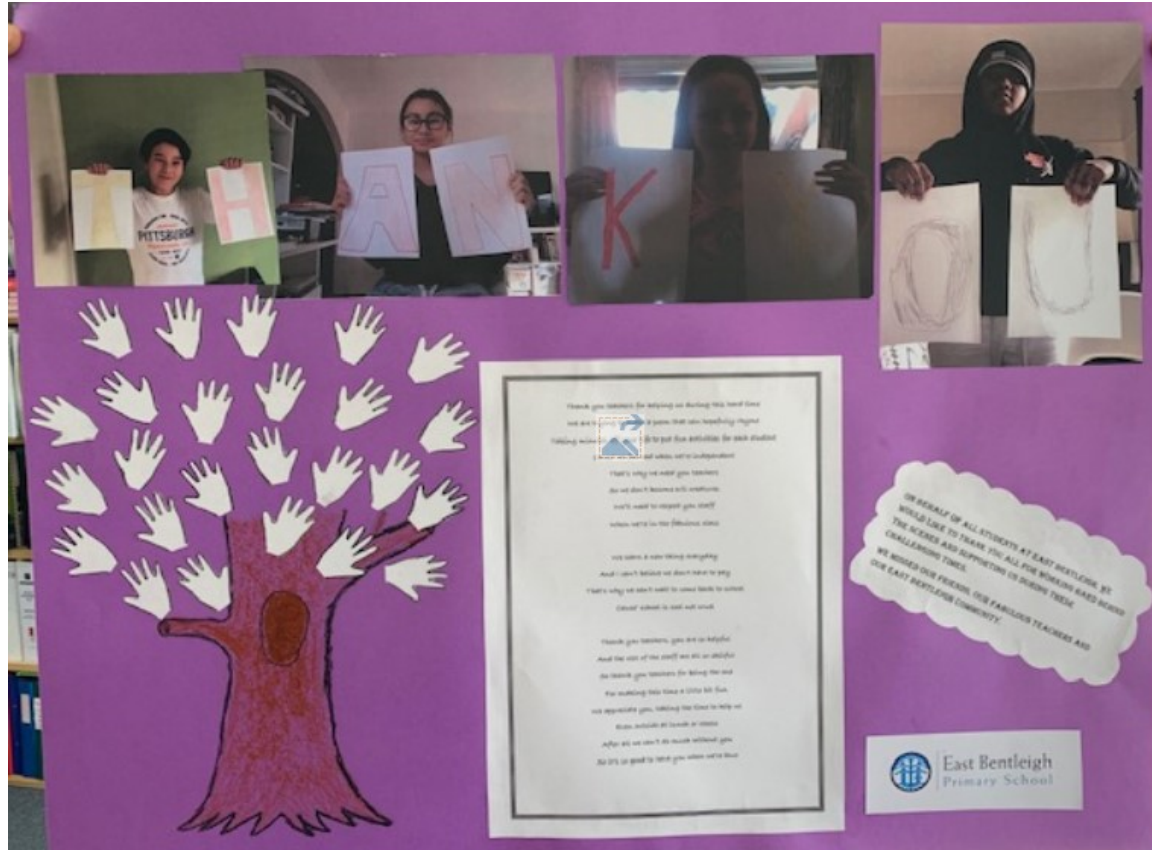


School Captains

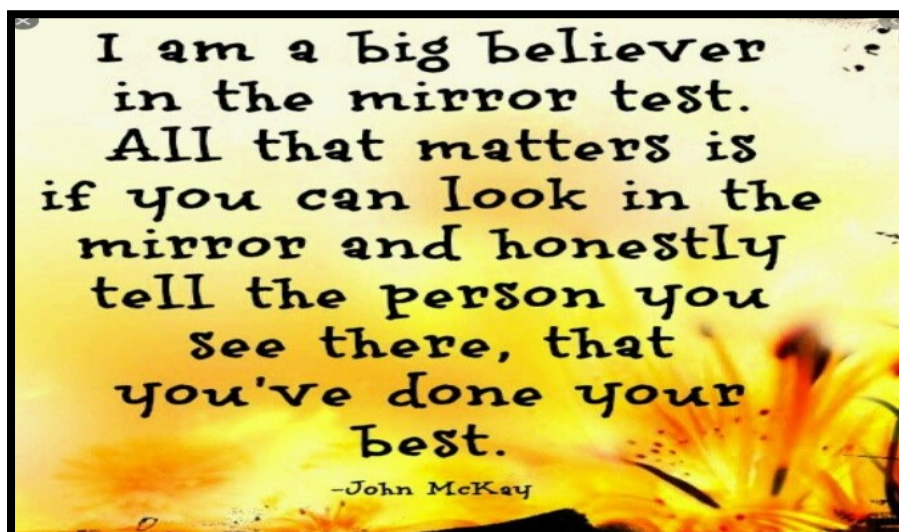
We were very honoured to receive this poster of thanks from our school captains Samuel, Peta-Grace, Jessica and Mischa-El on their return to school on Tuesday. It was a touching moment as I returned to my office to find it on my desk, bringing a tear to my eye.

It is now proudly up in the staffroom for all our teachers to share.

Thank you kids, it was very thoughtful of you all.



****Thought****



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



INSIGHTS

Four critical tools for kids' anxiety management



It's been estimated that there will be at least four children in every Australian classroom who are experiencing an anxiety disorder at some stage during a year. Anxiety is not restricted to secondary schools. Children as young as four are now presenting with symptoms of anxiety, manifested in headaches, tantrums and refusal to go to school.

Anecdotal evidence suggests that there is still a stigma attached to anxiety, as some people still seem to associate it with weakness and don't understand the difference between normal feelings of stress and crippling anxiety.

Anxiety is normal

Anxiety is the body's response to fear, real or perceived. It's our body's way of protecting us when we're in danger. It's completely normal to feel anxious from time to time. A child might feel anxious about speaking in front of their class or a teen might feel anxious about an exam. Those anxious feelings can act as a motivator to do more revision or be better prepared. With 'normal' anxiety, when the stressful event has passed, the anxious feelings pass too.

We can liken our anxiety response to a smoke alarm. The alarm is designed to alert us to fire, a danger that can threaten our lives. Anxiety becomes a problem when the mind's alarm system is extremely sensitive and responds when there's no genuine danger present.

Anxiety needs to be addressed when it starts interfering with daily life. Kids and teens with anxiety experience the symptoms when they're actually quite safe; the danger is only imagined. And sometimes anxiety shows up for no reason at all.

Parents are well positioned to provide kids with the tools and skills to regulate their anxiousness. Here are four critical skills to teach kids to help them self-manage feelings of anxiousness:

1. Breathing to calm down the anxiety

When it comes to calming down anxiety, the brain 'listens' to the body. Kids and teens can show their brain they're safe using deep, slow breathing. This type of breathing helps bring the brain down from high alert and signals the nervous system to begin to return to normal. Encouraging kids to practise deep breathing in between times of high anxiety is essential. By practising, they're preparing their body to also be able to calm down using breathing when the fight or flight response is in full swing.

2. Mindfulness to bring kids into the present

Generally kids become anxious about future events such as giving a talk, starting secondary school or going into an unfamiliar situations. They can be perfectly safe yet their bodies can respond as if they are in danger because they are thinking about what may happen. Mindfulness is a great tool to bring kids into the present and relieve them of their feelings of anxiousness.

3. Exercise to dissipate anxiety

parenting * ideas

Exercise plays a huge role in anxiety management, yet children's lifestyles are increasingly sedentary. Exercise and movement help kids regulate their moods and reduce the symptoms of anxiety. Play and exercise help to ease muscle tension, regulate breathing and induce the release of 'feel-good' neurotransmitters.

4. Thought-noticing to shift thinking

Thought-noticing is a wonderful skill set that helps kids to better manage their mental health. When kids tune into their thinking, they can immediately distance themselves from it. Rather than being lost in the thoughts that are making them feel anxious, they can mentally step back and see the thought for what it is – a thought which comes and goes, and not a fact.

Breathing, mindfulness, exercise and thought-noticing are best taught and practised when kids are not under stress. They are most effective when they become an entrenched part of kids' lifestyles rather than an activity to be called upon from time to time.



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.



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)	 "Every day may not be good, but there is something good in every day" ~ Alice Morse Earle				

ACTION FOR HAPPINESS



www.actionforhappiness.org

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

Keep Calm · Stay Wise · Be Kind