

# BULLETIN



East Bentleigh  
Primary School

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Term 2 / Week 10 : 18th 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,

Whilst it feels quite strange to say so, we are now nearing the end of the term with effectively only a week of the term left. We all have much to both reflect on and look forward to as next term approaches.

Yesterday all families were sent a link to a brief survey reflecting on your families' experience during remote learning and the return to school this term. The survey link will be live until next Monday. I encourage all families to complete the survey as your responses will assist us in best supporting your child. If you missed it in the email, the link is:

[https://docs.google.com/forms/d/e/1FAIpQLScFgF\\_3q9I73HRU3QWY1wplvzj6j-8C79N9ei\\_BqFOT6YKeEw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScFgF_3q9I73HRU3QWY1wplvzj6j-8C79N9ei_BqFOT6YKeEw/viewform?usp=sf_link)

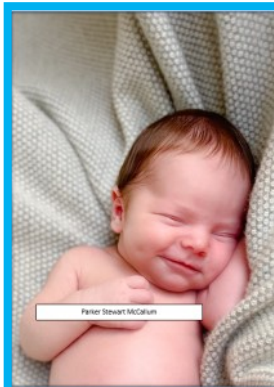
I'd like to thank all families for adhering to the new COVID-19 informed operational guidelines especially around the drop off and pick up processes which I am so happy to say are working so seamlessly now. Thank you too, to our bike riders who are using the southernmost gate so efficiently.

We are now waiting for the next CHO advice due on June 21<sup>st</sup> concerning restrictions etc., which will inform the limitations that will still be required on certain activities and processes at our school. As our Year 3, 4 and 5 families already know the ban on camps has been lifted (as of June 21<sup>st</sup>), so it does appear that we are steadily working towards some relaxation of restrictions and limitations. I hope that specific advice from DET will come through in time next week to share with you in next week's bulletin. In the absence of this advice, we will continue with our current processes for at least the beginning 1-2 weeks of Term 3. Watch this space. A reminder to Years 3, 4 and 5 parents to return their replies around camps as soon as possible please.

## CONGRATULATIONS

Now to some celebratory news. PM teacher Stewart McCallum and his partner Bec welcomed young Parker Stewart McCallum on the 26<sup>th</sup> May at 3:10pm weighing 3.6kg. I'm sure you'll join me in wishing Stewart and Bec many congratulations and best wishes. Parker is a gorgeous little boy- he certainly is a McCallum.

Yesterday on behalf of PM families (who weren't able to come on site), we presented Stewart with a basket of baby gifts to share. What a lovely gesture. PM students loved filling Mr. McCallum's bucket.



*Continued next page.....*

## Finally

Students in our 4 senior classes have now all had their tour of the new building. It was wonderful to watch their faces and join in their excitement as they explored the new spaces. They had many excellent questions and comments to make about what the new spaces will allow them to do. It was also lots of fun sharing some of the 'behind the scenes' stories with them. We have much to look forward to.



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



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



## JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020



### MONDAY

1 Decide to look for what's good, even on the difficult days

8 Write a letter to thank someone for what they did

15 Rediscover a fun childhood activity that you can enjoy today

22 Share a happy memory with someone who means a lot to you

29 Take time to do something that makes you happy today

### TUESDAY

2 Re-frame a worry and try to find a positive way to respond

9 Find the joy in music today: sing, play, dance or listen

16 Ask a loved one what they feel grateful for at the moment

23 Look for something to be thankful for where you least expect it

30 Make a list of the joys in your life (and keep adding to them)

### WEDNESDAY

3 Think of 3 things you're grateful for and write them down

10 Take a photo of something that brings you joy and share it

17 Be kind to you. Treat yourself the way you would treat a friend

24 Thank a friend for the joy they bring into your life

31 Eat food that makes you feel good and really savour it

### THURSDAY

4 Show your appreciation to those who are helping others

11 Say positive things in your conversations with others today

18 Send a positive note to a friend who needs encouragement

25 Eat food that makes you feel good and really savour it

32 See the upside in a difficult situation you learnt from

### FRIDAY

5 Smile and be friendly, even while you're social distancing

12 Make a plan with friends to do something fun together

19 Create a list of favourite memories you feel grateful for

26 See the upside in a difficult situation you learnt from

33 Watch something funny and enjoy how it feels to laugh

### SATURDAY

6 Notice the upsides during the lockdown, however small

13 Appreciate the joy of nature and the beauty in the world around

20 Make time to do something playful today, just for the fun of it

27 Watch something funny and enjoy how it feels to laugh

34 Create a playlist of your favourite songs and enjoy them

### SUNDAY

7 Find a joyful way of being physically active (Indoors or out)

14 Do three things to bring joy to other people today

21 Enjoy trying a new recipe or cooking your favourite food

28 Create a playlist of your favourite songs and enjoy them

35 Create a playlist of your favourite songs and enjoy them



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

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### INSIGHTS

## Developing a resilience mindset



If you want your child or young person to be resilient enough to cope with the hardships that come his or her way, and in doing so build strengths for the future, consider fostering your own resilience first. Parents are in the best position to influence their children's resilience. Children watch our reactions to adverse events and view first hand how we look after – or neglect – our own mental health and wellbeing.

Focusing on our own resilience is not as difficult as it may seem. If you adapt a resilience mindset you'll find that resilient behaviour follows. Want to get fitter physically? You could take up a new fitness regime or you could simply adopt a fitness mindset. Adopt the former and there's a reasonable chance that you'll start off gung ho and run out of steam after a month. Adopt the latter and you'll more likely take small, sustainable steps such as walking or riding to work, taking stairs instead of escalators and playing active games rather than sitting on the couch on weekends.

The mindset approach works well with resilience. Take the sustainable approach of looking after your mental health, becoming conscious of the messages you send yourself and developing coping skills that allow you to respond rather than react to adverse events. These simple ideas will help:

### **Watch your self-talk**

The little voice inside your head can have a catastrophic impact when you allow it to. It can talk you into the blues, lower your confidence and build mountainous problems out of molehills. Once you're aware of its impact, you can switch it off or change its negative chatter to something more positive and realistic. It takes practice but it's worth it. When you have a resilience mindset you'll start to check that chatter in your head.

### **Park the bad stuff**

Ever had an argument with a family member at breakfast only to find it messed up your whole day? A common trait with resilient people is that they can compartmentalise their lives so that difficult experiences in one domain won't interfere with their effectiveness elsewhere. When you have a resilience mindset you'll consciously park the negative stuff while you get on with the rest of the day, only revisiting it on your own terms.

### **Stay flexible in your thinking**

People who lack resilience pepper their language with absolute, imperative statements such as 'I must always be on time,' 'They never do anything to help,' or 'They should always use good manners.' This shows inflexible, unrealistic thinking that leads to stress and anxiousness. When you have a resilience mindset you'll use more moderate language reflecting a flexible approach to life. The above statements become 'I'll always try to be on time but sometimes it's impossible,' 'They are sometimes helpful but they can be forgetful,' and 'I'd like it if they were well-mannered but sometimes they aren't.'

# parenting\*ideas

### Make sleep a priority

We are only beginning to make solid links between sleep and resilience. Mothers of newborns know how debilitating sleep deprivation can be. They can't function effectively and depression is close at hand. Many people spend much of their lives experiencing some form of sleep deprivation, compensating by taking regular caffeine hits, self-medicating with alcohol and using other ineffective remedies. When you develop a resilience mindset, you make sleep a high priority, taking the necessary lifestyle steps to make sleep easy to attain.

### Create a pressure valve

In a society that views busyness as a status symbol, it's tempting to keep working until you drop, neglecting to enjoy some downtime that releases the pressures of work. When you have a resilience mindset you value down-time and relaxation and understand the positive impact these have on your mental health and the wellbeing of people around you.

When you have a resilience mindset you have a greater understanding of what resilience is about and you're in a better position to develop a lasting sense of resilience in your kids. Developing resilience in kids is like jumping off a pier with some friends on a cold winter's day. In both instances you need to go first.



### 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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