

BULLETIN



East Bentleigh
Primary School

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Term 3 / Week 1 : 15th July 2021

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,

Welcome back to the second half of the school year. A special welcome to those new children and families who are joining our fabulous East Bentleigh P.S. community for the first time. I know that you will all be made to feel part of the community in no time. We also welcome a new Business Manager, Libby Mason and teacher Aislinn Farrow to our school. More about them both in next week's newsletter.



Term 3 has started as smoothly as possible despite the uncertainty that the last few days has presented us after quite a cold July holiday. I hope you managed to stay warm and dry and had a good rest ready for the rigours that the new term will bring.

At EBPS despite the uncertainty swirling around us, we are working hard to maintain as many of our usual practices as normal in order to maintain a positive environment and healthy mindset for all. Over the last 18 months we have all experienced a level of stress and uncertainty that have challenged us in a variety of ways. Maintaining the mental health of both our children and ourselves is paramount. *Mental health is more than the absence of mental illness. Mental health is a state of well-being in which an individual realizes their own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to their community (WHO).*

I have found repeating the following mantra to myself each morning really helpful... *'When you can't control what's happening, challenge yourself to control the way you respond to what's happening. That's where your power is.'* I hope it can have a positive effect on you too and can help you to try to approach every day with a positive 'growth mindset' despite the hurdles we face. As a community we can all support each other by staying connected.

Please also refer to the information on the next few pages on 'Talking to your child about COVID-19'

Enrolments for 2022

These are now being taken - if you know of any sibling enrolments in either stream for next year would you please ask the parents concerned to let us know in the office. We are beginning our planning for Prep classes for 2022 so it is imperative that we have an accurate view of numbers in order to decide how many classes we will be running with.

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

FRENCH NEWS - Term 3



Bastille Day on the 14th of July.

Celebrations are simple this year with our lovely Nikki saving the spirit of Bastille Day by placing crepes (pancakes) on the kitchen menu from Week 3. In Week 1, the Marseillaise (French National Anthem) will be sung by the senior school during their Friday assembly.

French plays and performances.

All classes are preparing to perform their class play and or song to another class or at Junior or Senior assembly in Term 3 and Term 4. Students are really looking forward to this opportunity to put their hard work into practice in front of their peers as an audience.

Carmen Higgins - French Teacher

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.



Talking to your child about COVID-19

How to have a safe and reassuring conversation with your child plus links to helpful resources.

Don't be afraid to discuss COVID-19 with your children

Most children will have already heard about coronavirus. Parents and carers should take the opportunity to talk to them about the current situation.

Honest and regular communication is key. Not talking about something can make children worry more. Children often rely on their friends and social media for the news. Parents and carers can help by positioning themselves as a trusted source for information and as a person who can help children with their questions.

Adapt information based on your child's age

Try to remain calm and positive when talking to your child.

Think about your child's age. Offer information using language and examples they'll understand.

It's okay if you can't answer everything – and to say you're not sure. Use this as an opportunity to find out information together. Being available to your child is what matters.

Be careful not to share too much information all at once, as this may be overwhelming.

Avoid talking in a way that could make your child feel more worried.

Be guided by your child

Ask your child to tell you anything they may have heard about COVID-19, and how they feel about this situation.

Check in with your child often. Give them opportunities to ask you questions over the coming weeks and months.

Some children will worry more about others than themselves. Find ways for them to connect with family and friends as much as possible using technology.

Be reassuring. Tell children that the changes in their life have been introduced to make us all safer. Tell them that eventually, things will go back to normal.

Be aware of the language you use with your child while you're around them. Remember that children will be listening to adult conversations more than usual.

Don't dismiss your child's fears. It's understandable for them to be concerned because they have probably never experienced anything like this before.

Tell your child that doctors and scientists all around the world are working really hard to learn more about COVID-19 and to keep us safe.

Focus on what you're doing to stay safe

Give them some control over what is happening. Teach the importance of physical distancing, hand washing and how to do these things properly. Remind them of their responsibility to protect others from coughs and sneezing. Remind them to call 000 if they or their family are unsafe.

Stick to a routine

Over the school holidays, structured days with regular mealtimes and bedtimes are still an important part of keeping children happy and healthy.

Where you can, have a daily routine. Create a shared timetable with your family and put it up on the fridge where everyone can see.

If possible, find a time every day to talk about the importance of good hygiene. Teach them the essentials of practicing physical distancing.

Include things like outside time, play time, free time on technology, creative time and learning time.

It is okay to be flexible and respond to the needs and emotional state of your child.

Keep talking

Find out what your child already knows or is worried about. It's important to find out if they have heard incorrect information.

Ask questions that don't have yes or no answers.

If your child asks you something and you don't know the answer, say so. Use the question as a chance to find out together.

If your children don't seem interested or don't ask a lot of questions, that's okay.

Let them know that we're all going to keep listening and talking.

Close conversation with care

It's important not to leave children feeling worried after a conversation.

When you wrap up your conversations, look for signs they're feeling anxious. This might be a change in their tone of voice, their breathing or body language.

Comfort them if they feel this way.

Things to look out for in your children

It is normal for children and young people to show signs of distress. Common reactions include:

- fear and anxiety
- anger and frustration
- confusion
- sadness
- denial

Remember to look after yourself

This situation can be stressful – regardless of your age. To look after the people you love, you also need to look after yourself.

If you notice that you're feeling anxious, take some time to calm down before having a conversation or answering your child's questions.

If you're feeling worried, tell your child that you will find some information and talk to them soon.

The following resources are also available to support your mental health and wellbeing:

Headspace – for family and friends

Beyondblue – COVID19

Parentline

Lifeline – Mental health and wellbeing during the COVID-19 outbreak

Additional resources

For parents

Raising Children Network – coronavirus (COVID-19) and children in Australia

Emerging Minds – supporting children during the coronavirus outbreak

KidsHealth – coronavirus (COVID-19): How to talk to your child

eSafety Office – COVID-19: an online safety kit for parents and carers

For children and young people

Headspace – how to cope with stress related to novel coronavirus

ReachOut – coping during the coronavirus

Further information can be found on: <https://www.coronavirus.vic.gov.au/>