

BULLETIN



East Bentleigh
Primary School

www.eastbentleighps.vic.edu.au

Phone 9570 3525

Email: east.bentleigh.ps@edumail.vic.gov.au

Term 3 / Week 6 : 20th Aug 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,

I hope that this communication finds you all well despite our current shared circumstances. It has been gratifying to see that the sacrifices Victorians are collectively making are making a difference. Once again this week Sue and I have visited many class meetings and as usual seeing and chatting to our students are the highlights of our days.

Last week Sue and I attended a SEVR Principal Online Forum where David Howes the Secretary of DET spoke about how effectively our schools are operating throughout this health crisis. The main thrust of his address was to acknowledge the collective efforts that parents and teachers have engaged in to support our young people through these remote learning periods. He spoke passionately about the 3 pillars that underpin our efforts, these being WELLBEING, EQUITY AND EXCELLENCE.

You will notice that the first pillar is WELLBEING, and quite deliberately so. These times we are living through have been challenging and whilst some of us are managing well, many of us are not, so it is imperative that we put wellbeing at the top of everything we do. I know that in our discussions at a school level, we are planning carefully to ensure that wellbeing is a major focus, not just for now but ongoing, including what our structures and programs may look like in 2021

With this in mind, David ran us all through a simple mindfulness activity that I have found useful to do every day. For those of you who are juggling both your own work requirements and supporting your children through their remote learning, I salute you and hope that you find this simple activity useful.



Mindfulness Activity to Begin / End each day
Find a quiet spot

- ~Think of 5 things you are grateful for
- ~ 4 things that you can see
- ~ 3 things that you can feel
- ~ 2 things that you can hear
- ~ 1 thing that you can taste

If that activity doesn't grab you another simple daily action I have found useful is writing 3 simple dot points in a 'gratitude diary' at the end of every day.- a useful way to, (with practice), help to reframe thinking.



Bulletin continued next page.....

Bulletin - continued

Family resilience during COVID-19

On Tuesday 25 August, the Department of Education and Training is presenting **a free webinar for parents and carers by renowned child psychologist Dr Michael Carr-Gregg**, on building family resilience during coronavirus (COVID-19). Parents and carers play a vital role in helping children feel safe through uncertain times.

Dr Carr-Gregg's webinar is aptly named Managing the Coronacoaster – Tips for building resilient families in the coronavirus era. In this webinar, Dr Carr-Gregg provides tools and strategies for parents and carers to help manage the lockdown and remote learning. Topics include:

- * your supportive role
- * setting the emotional tone
- * focusing on what you can control
- * how to deal with disappointment
- * further resources and where to get help.

Dr Carr-Gregg's presentation will run for 45 minutes. This will be followed by a 15-minute question-and-answer session in which parents and carers can ask Dr Carr-Gregg questions.

Webinar details

- **When:** Tuesday 25 August
- **Time:** 7:30pm
- **Duration:** 45-minute presentation followed by 15-minute questions and answers session
- **Format:** online via Webex
- **Cost:** free
- **How to register**

To register and for more information visit the [Managing the Coronacoaster – Tips for building resilient families in the coronavirus era eventbrite page](#).



Bentleigh Farmer's Market

Our Bentleigh Farmers' Market is on this Saturday 22nd from 8:00am-12:30pm. Our market is operating under tight Stage 4 Restrictions in terms of safe distancing and social gathering rules and the wearing of face coverings when in public. I am very grateful to those parents who have continued to support our fundraising efforts during these COVID days. Thank you to you all.

This week we are **showcasing some of the work of our Prep and Year 1 students**, including our preppies 100 days of school celebrations. I hope that you enjoy these beautiful images of our youngest learners. I know our 3's and 4's, as well as our senior students are engaging in some great work. We will showcase their work in forthcoming bulletins.

Given some of the changes we have made to our programs this week, (addition of daily check-ins) we will be sending out a **short survey** to all families mid next week to gauge how you are all going. I encourage everyone to give us your feedback.

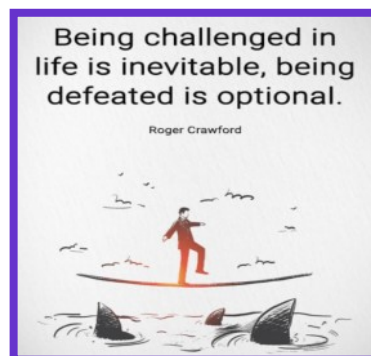
Also next week look out for a new message from us to introduce our **new whole school Main Lesson/Inquiry Unit** that the teachers have all been working hard to plan for the remaining weeks of this term.

Take care everyone.

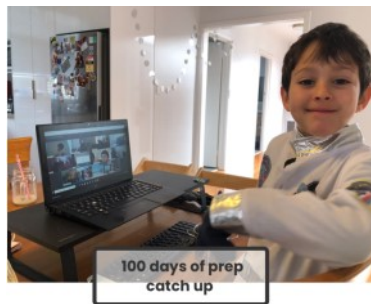
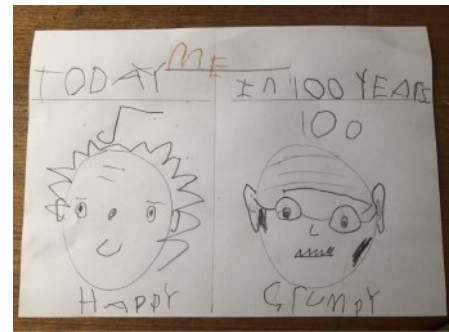
Until next time.....Maria Shearn - Principal 😊



**** Thought ****



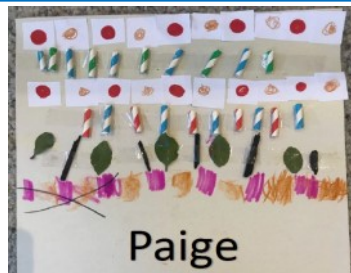
Prep D - 100 days of Prep



Prep A - 100 days of Prep



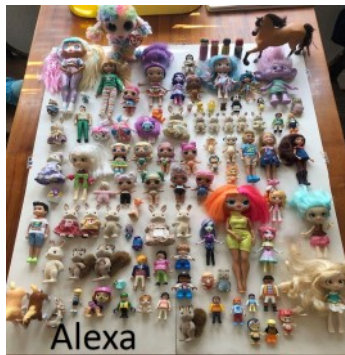
Rex



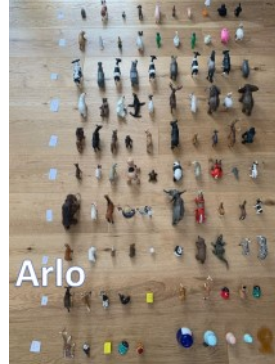
Paige



Romi



Alexa



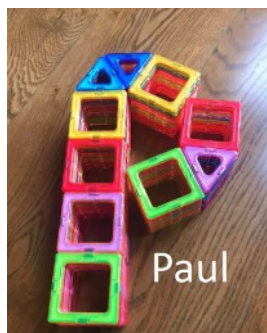
Arlo



Copal



Sage



Paul



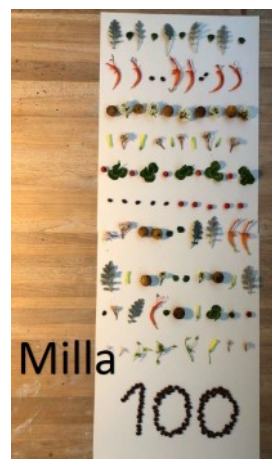
Adam



Rex



Jordan



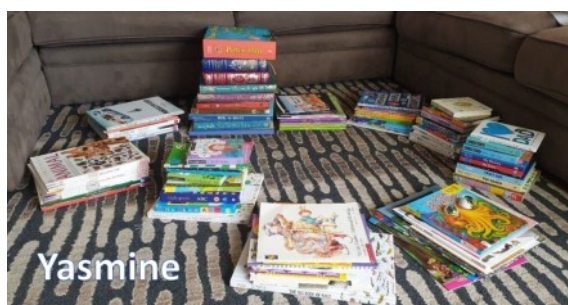
Milla



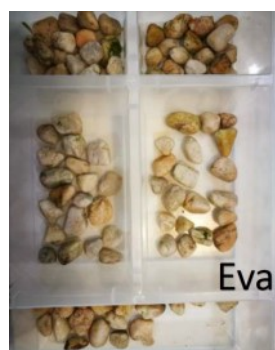
Hugo



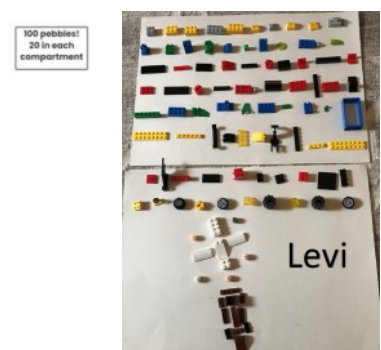
Grace – work in progress



Yasmine

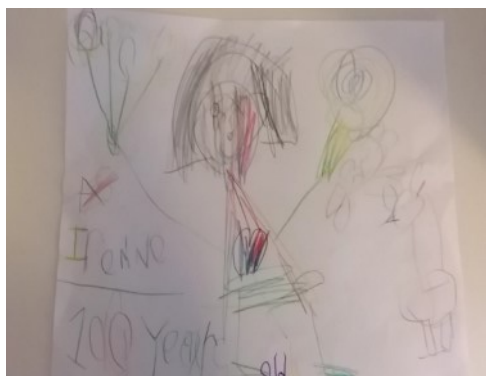
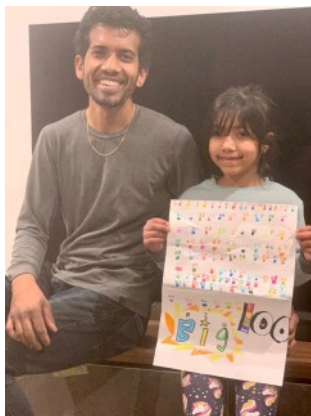
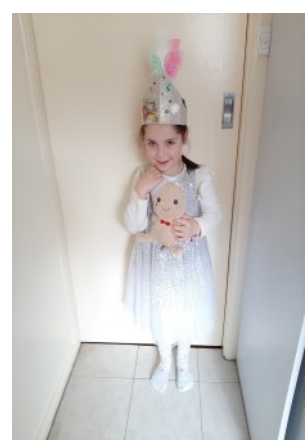
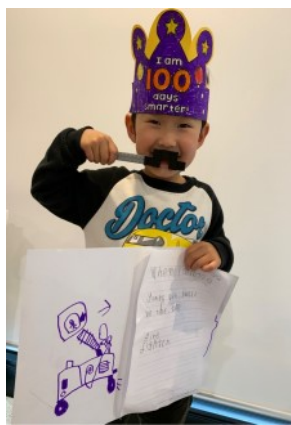


Eva



Levi

Prep M - 100 days of Prep



100
Days
Smarter



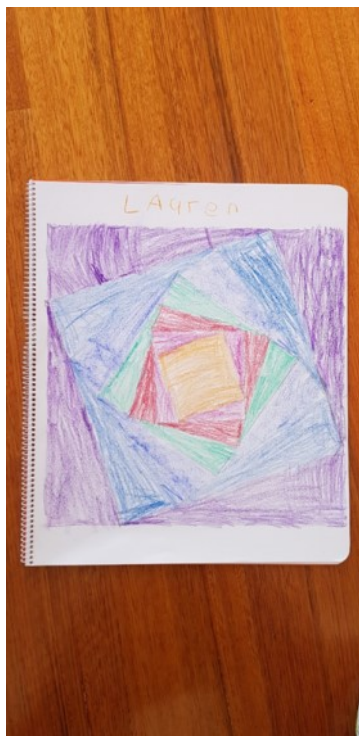
Student Work Examples - Class 1C



Hemi



Majken



Lauren



Luke



Vivien



Rosie's damper



Jun

Science Week and Work Examples - Prep M

Here are some of our Science Week photos and some of the work this week. So far we have done lava lamps, dancing milk and a chemical reaction with a balloon. It has been heaps of fun and great to see the preps getting so excited about science! – Stewart McCallum – Class Teacher

