

BULLETIN



East Bentleigh
Primary School

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Term 3 / Week 9 : 10th Sept 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 as well as you can be. The beautiful sunshine streaming through my window as I write this is very welcome. 2020 has been a challenging year for many and circumstances have made it even more important for us all to stay connected and, for those who are able, be willing to support those around us.

Remote Learning Update

The weekend's announcements obviously affected us all in a range of ways. I provided some overview information (see below), to all families earlier this week which will be added to in future weeks as updates from DET come to hand.

As a reminder, in a nutshell the pertinent information is outlined below:

All schools will continue to provide remote and flexible learning for the remainder of Term 3, except specialist schools in rural and regional Victoria, consistent with current settings.

5 – 9 October (first week of Term 4)

Remote and flexible learning will continue for all students, except in specialist schools in rural and regional Victoria. At EBPS we will extend our Deep Blue Inquiry/Main Lesson Unit during this week.

From 12 October (Week 2-Term 4)

Students in Prep to Grade 2 return to full-time on-site schooling. The existing remote learning program will not continue for these year levels. Information regarding the logistics of this week will come to you in Week 1 next term. Safe to say it will be similar to this term's staggered starts.

Remote and flexible learning will continue for all students in Grade 3 to Year 6. A date for the return of these year levels to face-to-face learning will be subject to further health advice.

I have been deeply gratified by the many emails that I received in recent days, thanking the staff for the commitment shown over the year. We, as a staff, are equally grateful for the support of you, our families, during such challenging circumstances and this ability to work together has no doubt contributed to some of the positive outcomes we've collectively achieved.

What is R U OK? Day?

Today, Thursday 10th September is **R U OK? Day**. It is a national day of action dedicated to reminding people to ask family, friends and colleagues, 'Are you ok?'. The purpose of this day is to inspire and empower everyone to meaningfully connect with people around them on a regular basis to make a difference to anyone who might be struggling. It's a way for us to reach out and demonstrate that we genuinely care.

Useful contacts for someone who is not OK

Encourage them to talk to a trusted health professional or call on these Australian crisis lines and professionals:

Lifeline (24/7) 13 11 14

lifeline.org.au

Suicide Call Back Service (24/7) 1300 659 467

suicidecallbackservice.org.au

Beyond Blue (24/7) 1300 224 636

beyondblue.org.au

Kids Helpline (24/7) 1800 55 1800

kidshelpline.com.au



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Bulletin - continued

Caring for Ourselves

As we work our way through this Stage 4 lockdown I think many of us have had to dig deep to see the positives and keep holding the line. The tips below were found at the following link <https://www.theannoyedthyroid.com/>. The lady who posted these ideas needed to isolate herself for medical reasons but as you see there are many analogies that can be made.

1. Change Your Mindset

Sometimes you just have to reposition or readjust your thinking. Think of this time at home, not as forced isolation but a time to recharge and reset.

2. Be Grateful

Have a Google and there are heaps of studies that show being grateful can make you happy. Rather than stress yourself out with what's wrong, give thanks for what's right. Be grateful for isolation, you get to keep yourself (and your family) safe.

3. Connect With Others

If you're isolating at home with family, take this time to reconnect and enjoy each other's company without outside distractions, although it's important to have some alone time too, especially if you're not used to being altogether all of the time.

Keep in touch with friends and family, if you're not a call person, text instead. Don't forget the elderly and vulnerable, just a quick call or text can really make a difference to their day.

4. Sleep Well

Sleep is so important, especially at times when we are under stress. Try to stick to your regular sleep routine and if you do wake up in the night and really can't get back to sleep, get up and have a cup of herbal tea and read a book. Don't watch TV or check your phone because that pesky blue light will play havoc with your body clock!

5. Laugh

Seriously, laughter is such good medicine. If you can't make yourself laugh, talk or text someone or watch a movie that can.

6. Eat Something Delicious

You might actually have to plan ahead for this one.

7. Write It Down

There is evidence that tells us that writing about our experiences and feelings can be wonderfully cathartic. It's the next best thing to talking to yourself!

8. Self- Care

Too often we put self-care at the bottom of our to-do list but when you're isolating, you'll have plenty of time on your hands to take care of you. This will look different for everyone, maybe some time to meditate, soak in a hot bath.

9. Create something, anything!

It doesn't matter how or what you create, just do it! Whether you knit or sew, draw or paint, colour or crochet or bake your way through isolation. The possibilities are endless and this could be the perfect time to start that craft project that you never have time for. If you have a garden or a balcony, get out in it and if you don't, open a window – there's nothing like a breath of fresh air!

11. Read, Watch, Listen

Whether you're a bookworm, a TV addict, into music or all 3 use your time to work your way through your To-Read/Watch/Listen lists – there is literally a world of entertainment out there and so much of it is free!

12. Get Fit

You might not be able to go to the gym but you'll still be able to have fun and keep fit at home.

13. Do 101 Things in 1001 Days

If you have a list of [101 Things in 1001 Days](#), you'll be surprised at how many things you can tick off and if you haven't got one already, there's no better time to start!

Finally, I encourage you to look through this week's examples of the fantastic creative work being done by our students!

WATCH YOUR THOUGHTS,
FOR THEY BECOME WORDS.
WATCH YOUR WORDS,
FOR THEY BECOME ACTIONS.
WATCH YOUR ACTIONS,
FOR THEY BECOME HABITS.
WATCH YOUR HABITS,
FOR THEY BECOME CHARACTER.
WATCH YOUR CHARACTER,
FOR IT BECOMES YOUR DESTINY.



Prep D - Deep Blue Sea work examples



Philip - rainbow fish



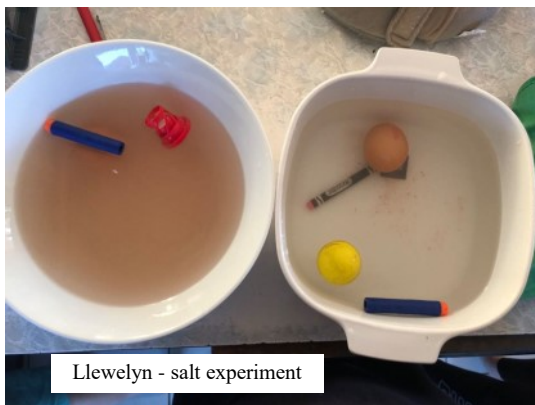
Holly - ocean life density jar



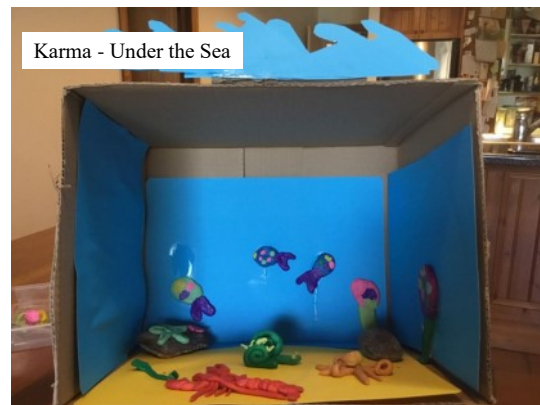
Trinity - sea creatures



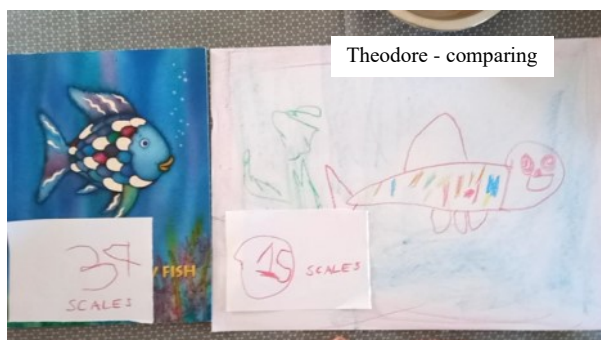
Evie - counting



Llewelyn - salt experiment



Karma - Under the Sea

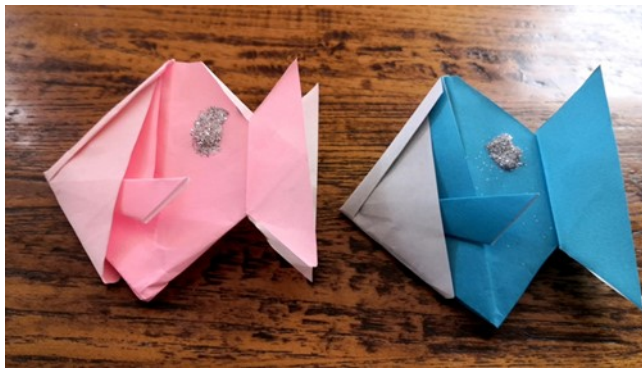
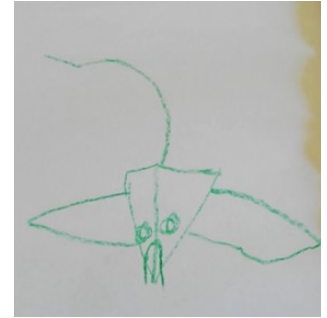
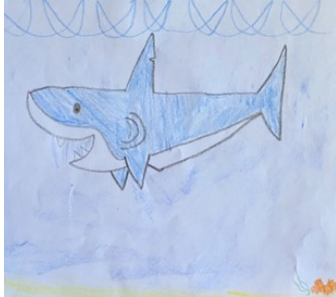
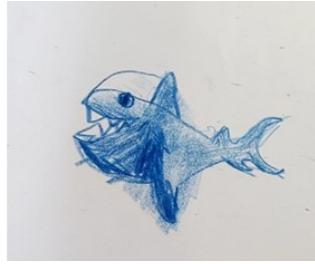


Theodore - comparing



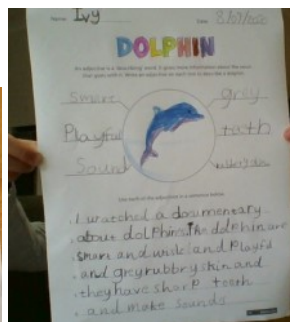
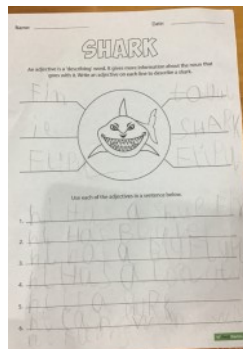
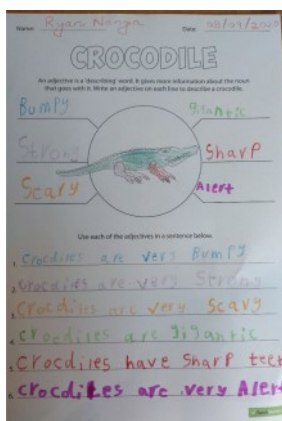
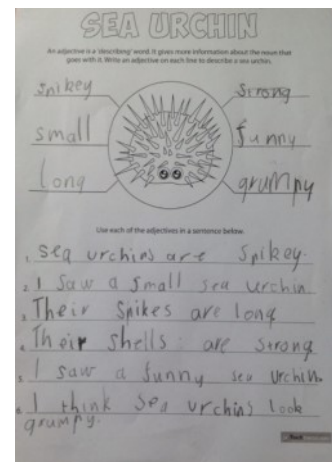
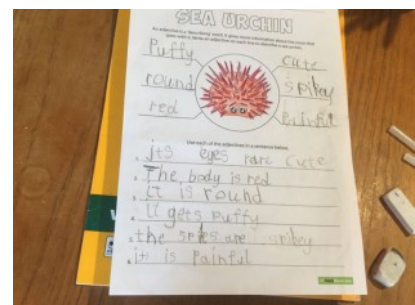
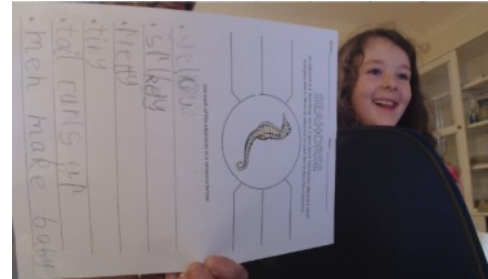
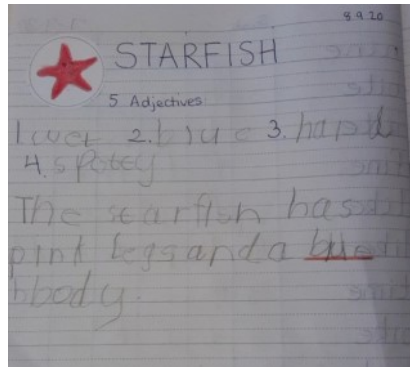
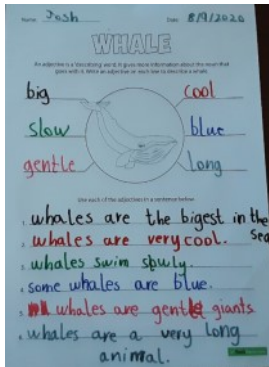
Noah - groups

Class 1D & 1C - Sharks and Deep Blue themed work

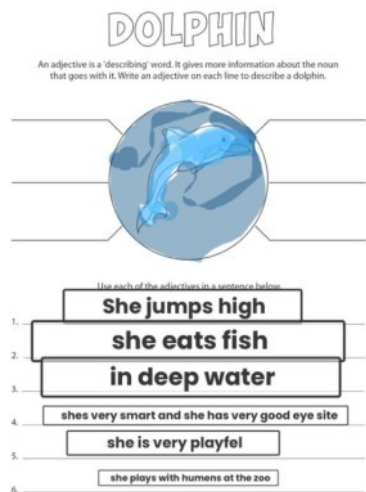
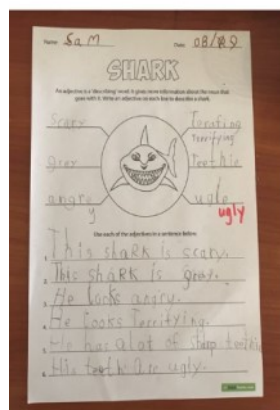
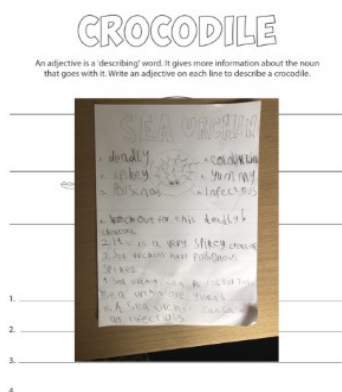


Grade 1M - Deep Blue & Literacy

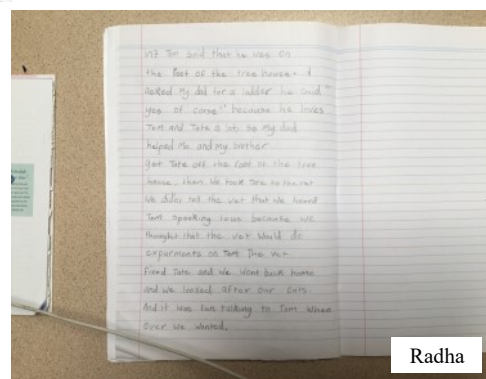
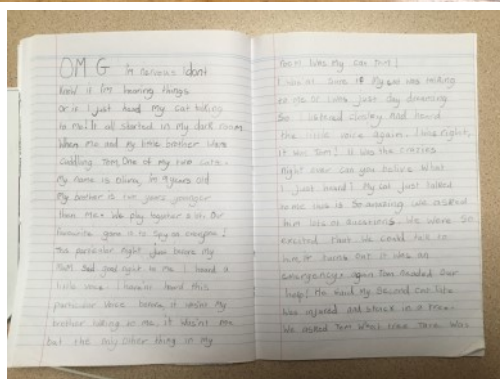
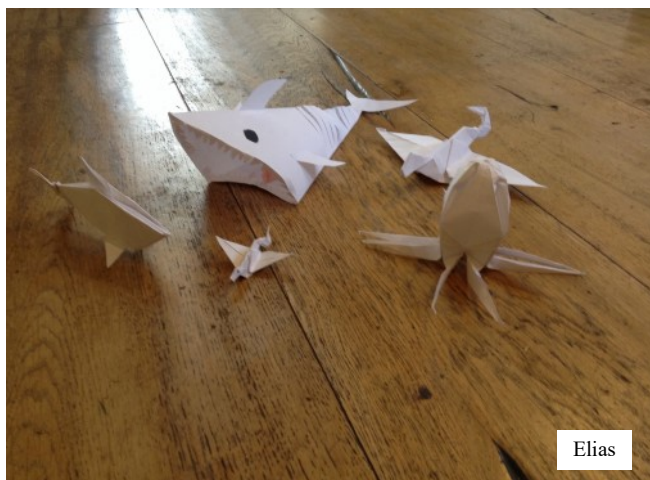
1M in response to our Deep Blue Inquiry Unit. We have also been working on adjectives in literacy and tied the two together! - Leah Morrissey Teacher



all written by sam



Class 4M - Examples of student classwork



Examples of Student Work - Grade 5/6

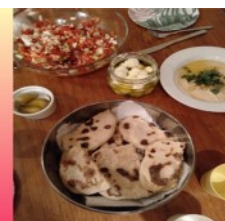


For cooking I made Toscanner slice

Althea



A delicious Israeli dish!
(everything is homemade)



Zohar

Examples of student classwork - Class 3A & 3L



Kokoro



Tyler's book from Japan
'The Kingdom Under the Sea'



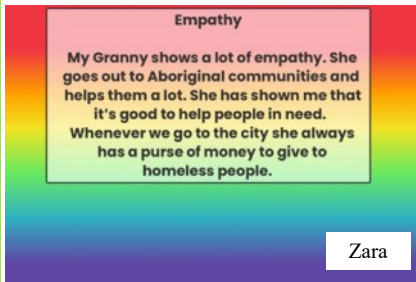
Zara



Holly



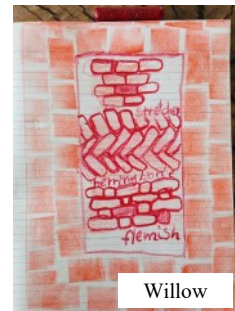
Willow



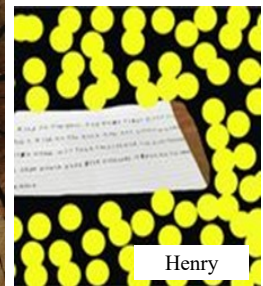
Zara



Frankie M



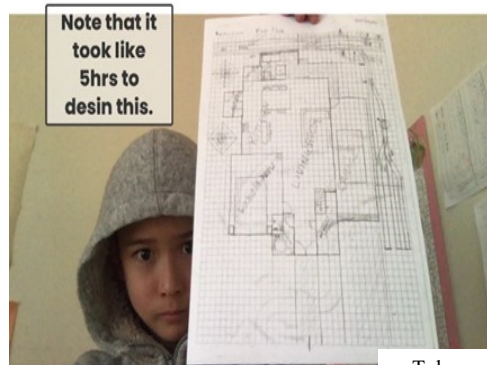
Willow



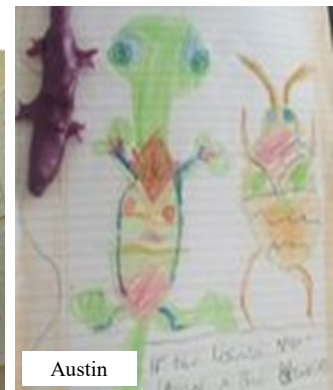
Henry



Frankie M



Tyler



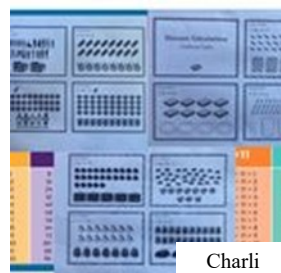
Austin



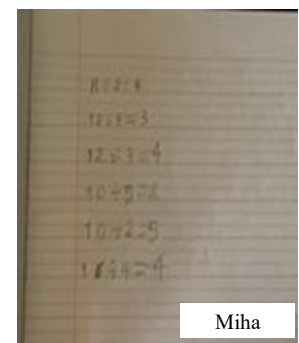
Finn



Mirrin



Charli

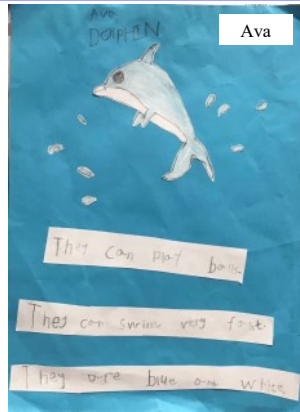


Miha

Examples of Deep Blue Sea classwork - Prep M



Alexis



Ava



Grace



Casey



Chloe

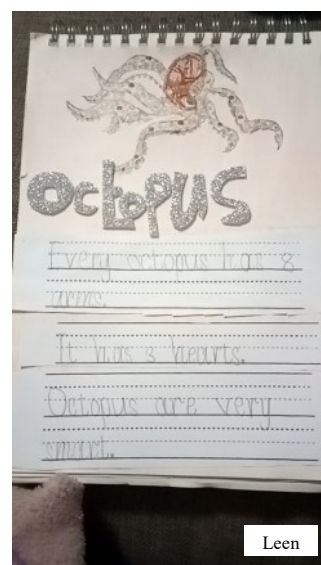
Rainbow Fish



Irenne



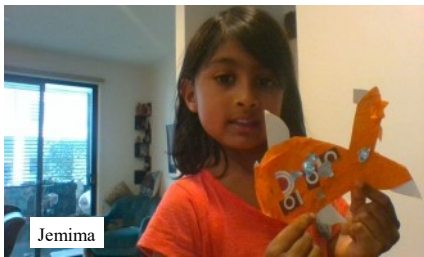
James



Leen



Maddy



Jemima



Perla



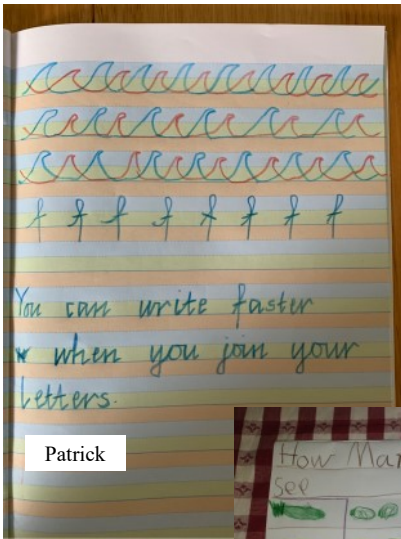
Perla



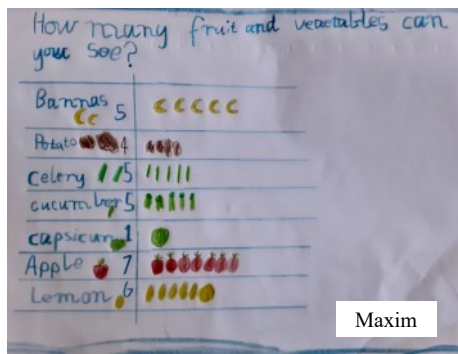
Sophia



Examples of student classwork - Class 2L



Patrick



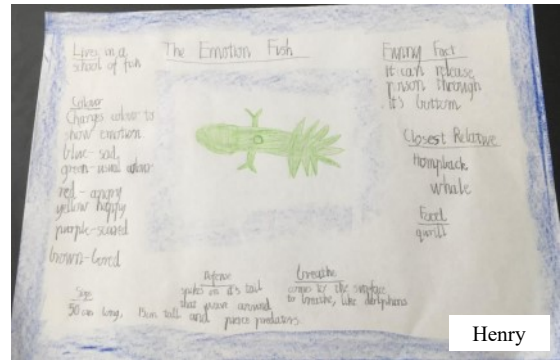
Maxim



Kieran



Jade



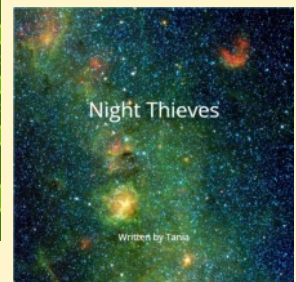
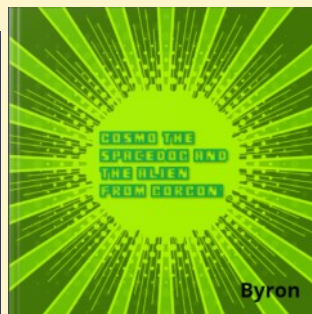
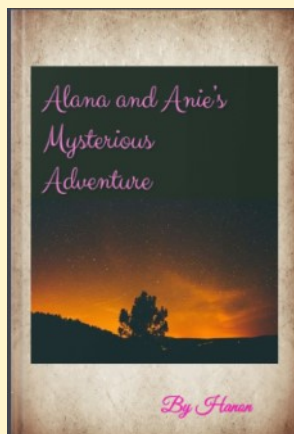
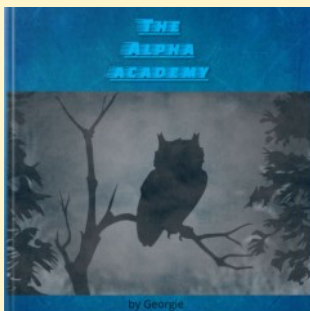
Henry

Grade 4P - Published Online Books

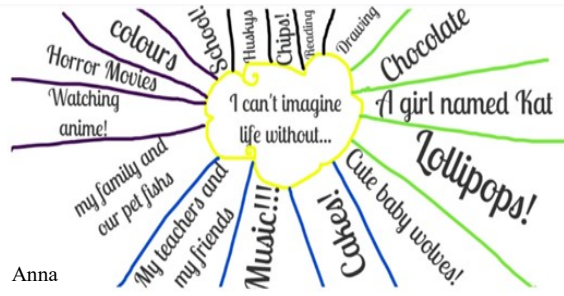
Here is a link to online books published by Grade 4P:

<https://docs.google.com/presentation/d/1SNdCaV7p9DTvX7Dm8t9nNCuyBoT5->

[P_mpHdB9II_C3M/edit?usp=sharing](#) - We hope you enjoy reading them! - *Bill Portelli - Teacher*



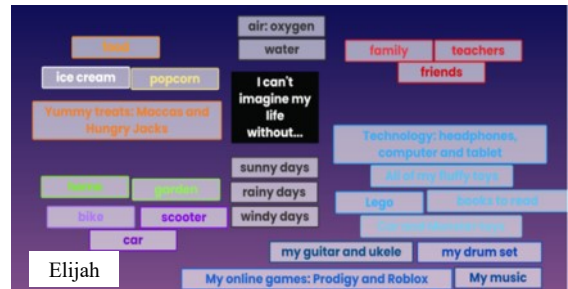
Examples of student classwork - Grade 2SM



In 2SM we have been busy gathering ideas in our Writing Notebooks.

In these photos you will see some things we can't imagine our lives without!

These will become some very funny stories to add to our Notebooks soon!



Examples of chocolate bark making

Hi everyone, last week for craft we made chocolate bark. What an amazing job the children did! There would have been some very happy people chomping on this bark last weekend! Leanne Jacobs – Craft Teacher

Sophie



Mirrin



Holly & Milla



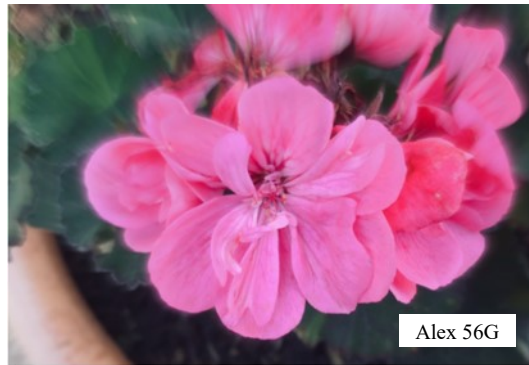
Holly



Examples of Student Photography - Capturing Spring

Last week the students were set a photographic challenge – to capture Spring. They were encouraged to find images that said “Spring” to them and show them in an interesting way. Filters, angles and zooming in were some of the techniques used. I think we definitely have some talented photographers in our midst!

Well done! From Mrs A



Alex 56G



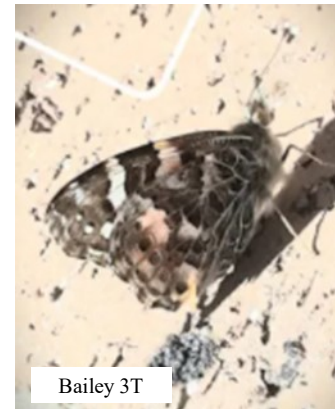
Alby 1M



Althea 56G



Anna 2SM



Bailey 3T



Bella 2SM



Cooper 1M



Eva 1M



Em 56G

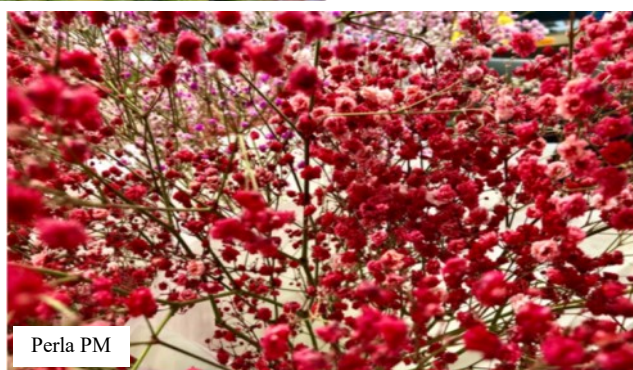
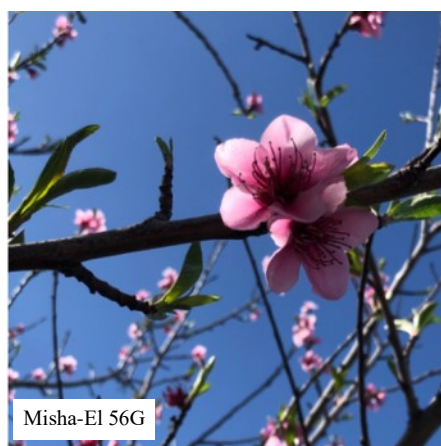
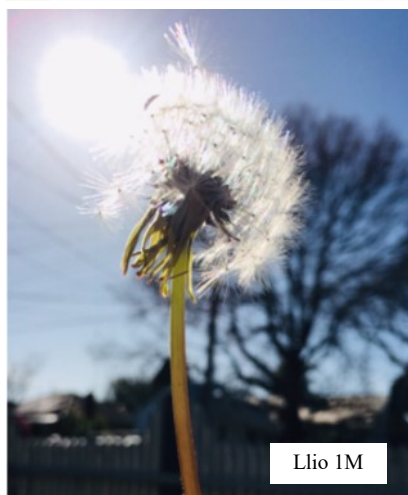
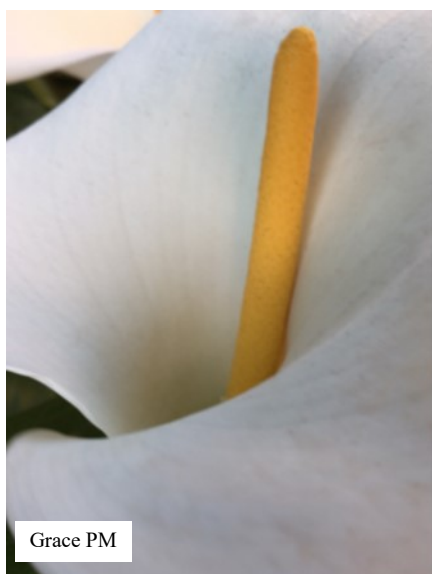


Florence 2SM



Charlotte 56R

Examples of Student Photography - Capturing Spring





Senbazuru Paper Crane - Whole School Project

A few weeks ago I mentioned the whole school project **Senbazuru - a group of one thousand paper cranes tied together by strings**, which was initiated by our student leaders. I wonder how you are going with this? I have reprinted the instructions below. It would be wonderful to have many paper cranes find their way to school when we return - a beautiful visual symbol of hope - *Maria Shearn*

Instructions

1. How to create the crane - go to the link below <https://origami.me/crane/>
2. Size of paper needed is 15cm x 15cm
3. Students can use any type of paper that they can find around the house (it doesn't have to be origami paper)



Piano - Free to good home!

Dear All,

We have a piano to give away to a good home. If you are interested,
- please email us at east.bentleigh.ps@education.vic.gov.au,
to arrange pick up.

Thank-you

