

BULLETIN



East Bentleigh
Primary School

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Term 4 / Week 1 : 8th Oct 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,

By the time you receive this Bulletin it will be only 4 more sleeps for our Prep-2 students and 5 more for our 3-6 students to return onsite. We can't wait to welcome you all back then.

Parents please refer to the email sent to you earlier this week for the planned logistics of drop off and pick up procedures. Please read the times carefully and do your best to adhere to the stated times to avoid any unnecessary congestion.

Please remind your children that all adults onsite will be wearing masks in any movement around the school. Class teachers and specialists are able to make their own decision as to whether they will/can wear a mask whilst teaching. This won't be mandated.

Remember that any adult coming onsite for a prearranged reason needs to wear a mask. If you are one of the few that have an exemption to wearing a mask, I would ask that you make alternate arrangements and avoid coming onsite at all.

A reminder for all our families with multiple children, at the end of the school day, younger children will wait for their older siblings to pick them up from their rooms then exit the school grounds together.

An important note that I didn't mention in the email was that due to further hygiene restrictions that children will still not have access to the school bubbler taps. All children will require their own drink bottle which they will take outside during breaks. **Please make sure your children's drink bottles are full and clearly labelled with their name and grade. This will be extremely important as the weather warms up.**

PARENT OPINION SURVEY

WE WANT OUR PARENTS TO TELL US WHAT THEY THINK!

Our school is conducting a survey to find out what parents think of our school. The Parent Opinion Survey is an annual survey offered by the Department of Education and Training that is conducted amongst all parents. It is designed to assist schools in gaining an understanding of parents' perceptions of school climate, student behaviour, student engagement and experiences of remote and flexible learning. Our school will use the survey results to help inform and direct future school planning and improvement strategies.

All parents will be invited to participate in this year's survey. This year all families will be sent an email on Monday 12th October which includes simple instructions and the necessary PIN for our school. All responses to the survey are anonymous. This year, the Parent Opinion Survey will be conducted from **Monday 12th October to Friday 13th November.**

**** Thought ****

The survey will be conducted **online**, only takes **20 minutes** to complete, and can be accessed at any convenient time within the fieldwork period on desktop computers, laptops, tablets or smartphones. The online survey will be available in a range of languages other than English. These include: Arabic, Vietnamese, Mandarin, Chin (Hakha), Hindi, Japanese, Somali, Turkish, Punjabi and Greek. Please speak to your child's teacher if you would like more information.

REMINDER - Could all school iPads - lent out during remote learning, please be returned on the first day back at school by your child.

Thankyou

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



INSIGHTS

Successfully transitioning students back to school



The recent home-schooling experience of Australian students is about to end with most states and territories transitioning kids back to school. For parents, many of whom have discovered just how complex teaching can be, the return to school will be a welcome relief. For children, going back to school may bring a mixed bag of feelings. Eager anticipation about reconnecting with friends and teachers will probably be accompanied by a level of anxiety about what school may be like upon return.

School undoubtedly will be a different experience for students post COVID-19. For a start they've just experienced a prolonged period of remote learning and an absence from their friends, which will take time to process when they return to school.

With organised extra-curricular activities put on hold most children have had a great deal of free time, which has placed the locus of control firmly in their hands. I suspect many kids will grieve their lack of freedom, as they've had a glorious glimpse of what an unstructured life is like. It may take some time for them to get back into the swing of school life.

With the return to school imminent here are some sensible strategies to make adjustment easier for students.

Get ready for a return

Worriers and anxious types in particular like to know what's ahead so your approach will make a difference. Prepare your child for a return by discussing the safety procedures the school will be implementing. Let young children know that an adult won't be accompanying them past the school gate. Ask your child what they are looking forward to and check in with how they are feeling about a return. Validate any fears and apprehensions and correct any misconceptions.

Go slowly

This period will mirror the start of the school year when your child had to adjust to new teachers, different classmates and a new year level. Adjusting to change takes a great deal of personal energy, so your child or young person may become tired, grumpy, even moody at home. Make allowances for these personal changes and make sure they have plenty of free time to unwind after school.

Focus on reconnection

Make reconnection the theme for your child's return to school. He or she will have to reconnect with friends, teachers and learning, which takes time. In all likelihood, your child's teachers will use many strategies to help your child connect with their friends, reflect on their time at home and move them back into full-time learning mode. Support these activities and keep your learning expectations for your child in check.

It may take the rest of the term for some children to adjust to their life back at school.

parenting*ideas

Stay calm

Anxiety is very contagious, so it's easy for us as parents to take on our children's worries and fears. The reverse is true, and kids can pick up our worries, taking them on as their own. As a buffer against anxiety ensure you do something each day that brings you some joy, whether it's listening to music, going for a walk or having a coffee with a friend.

Look after yourself

In recent months parents and teachers have been doing significant emotional labour. The learning and adjustment curves have been massive, with little time to relax and take a break. Consider your own emotional resources and make your wellbeing a priority, which will make it easier for you to stay calm if your child experiences difficulties.

Communicate confidence

It's a fine line that many parents walk between being flippant ('you'll be right') and showing confidence ('you'll do okay') when kids struggle to adjust to change. My research into childhood anxiety reveals that children and young people want parents and teachers to understand their fears and anxieties, and to coach them to negotiate difficulties including adjusting to change. You can support your child through sharing stories of resilience, focusing on the positives and letting them know that will eventually adjust.

The COVID-19 pandemic has thrown up many difficulties requiring us all to quickly adapt to new situations. Flexibility is a prime characteristic of resilient people, so if nothing else, getting through these challenging times will make us all more resilient.



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.



Reminder - Senbazuru Paper Crane Project

A reminder of the whole school project I mentioned a while back now - **Senbazuru - a group of one thousand paper cranes tied together by strings**. This positive project was initiated by our student leaders. I wonder how you are going with this and how many cranes you have made? I have reprinted the instructions below. It would be wonderful to have many paper cranes find their way to school when we return next week - 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)

