

## Principal's Report | - 3

This week in the Principal's Report the following topics are covered:

- \* Student Leaders & School Tours
- \* Student Leaders Assembly
- \* Kiss and Go Area
- \* Sunsmart
- \* Sushi
- \* Webinar for parents
- \* CSEF
- \* Any parent concerns.....



# East Bentleigh Primary School

Bignell Road  
East Bentleigh 3165  
Phone: 9570 3525

Email: [east.bentleigh.ps@education.vic.gov.au](mailto:east.bentleigh.ps@education.vic.gov.au)

17th February 2022

Term 1 / Week 3, Issue 2

### 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.**

### BREAKFAST CLUB IS BACK!

8:15am-8:45am  
in the PAC.

Children must arrive before 8:30am in order to be served breakfast in time.

Please email Jane if your child has any food allergies

[jane.ross@education.vic.gov.au](mailto:jane.ross@education.vic.gov.au)

### Reporting Student Absences

Please remember to let the school know by 9am if your child will be absent.

Please call or email the school office on Ph: 9570 3525 Email: [east.bentleigh.ps@education.vic.gov.au](mailto:east.bentleigh.ps@education.vic.gov.au)

You must also provide a reason for the absence so that we can accurately record it.

**\*\*A signed note by you is also required - to be handed to the class teacher for each absence. Thank you**

### Diary Dates

Swimming Program Yr 3-4 (9 days)-  
Tues 15th Feb - Fri 25th Feb

Swimming Trials Yr3-6 - Tues 22nd Feb

Swimming Program Yr 1-2 (9 days)-  
Tues 1st Mar - Fri 11th Mar

Year 6 Camp - 15th Mar - 18th Mar

School Photo Day - Wednesday  
30th March

### Principal's Report - Maria Shearn

Hello everyone,

All signs point to a very productive and busy school year ahead, beginning last week with our special 'Badge Presentation Assembly' for our 2022 student leaders.

Although we have in the past conducted this as a whole school event at the end of this year, due to COVIDsafe practices, the assembly was limited to our senior students and conducted outside under our 'welcome tree'. It was wonderful to see so many parents join us to share in this very special event for our senior students. This week we have held our Class Information Nights, and swimming for Years 3 and 4's. In a couple of weeks the 1's and 2's will have their swimming program. Lunchtime soccer has also begun as have school tours for prospective families and the afterschool programs of Chess on Tuesdays and Art Classes with Yaz on Wednesdays. We also held our first school council meeting of the year this week. All very positive signs of a new normal year.

Our staggered drop offs in the mornings and pick-ups at night have very quickly developed a smooth rhythm. I appreciate your efforts to move on quickly after collecting your children. I sincerely appreciate parents' understanding of the operational difficulties of students and parents entering and exiting the school and we all appreciate your patience. Despite the obvious challenges of embedding our new COVID safe normal, our students have had a wonderful start.

I congratulate staff, students, and parents on the extremely successful commencement to 2022. Parents you have all prepared your children well for the new school year.

The Prep students have settled in "like ducks to water" and their parents have coped very well also, despite the lack of the usual extensive transition process in 2021.

The Prep teachers are very enthusiastic and excited at the prospect of teaching this new group of vibrant and keen students. Our skilled and devoted staff worked steadily during the break, planning, and preparing for the return of those who define our purpose. I know we will make this school year one of growth and achievement for all students.

We all hope that the 2022 school year will be the most engaging, inspiring, rewarding, and memorable year that we can make it.

### Student Leaders and School Tours

The first of our tours for prospective parents took place on Wednesday this week. I'd like to congratulate and thank our student leaders who were active and articulate in their responses to the questions of the visitors to our school. Maddy and Michael were fantastic advocates for our school throughout the tour. Well done and thank you to our student leaders.

**Continued next page.....**



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.

## Principal's Report - Maria Shearn

### Student Leaders Presentation Assembly

Last Friday we presented all our 2022 School Leaders with their special leadership badges. We look forward to seeing them all grow in their new roles as School Captains, House Captains, Environmental Team Leaders and Digital Technology Leaders.



### Kiss and Go Area

Thank you to all the parents using this area so well so far this year. Please remember that it isn't a 'sit and wait' spot, rather a 'zip in and out' spot to ease the inevitable traffic congestion that is so common around our schools. It is absolutely not a 'leave your car to walk your child to the gate' spot.

### Sunsmart

Thank you to parents who have been so diligent in ensuring that their child/children not only has a hat at school but is encouraged to wear it before going outside. It really helps the teachers with this message when it is so obviously reinforced at home.

### Sushi

Unfortunately our sushi lunch supplier is unable to provide this service in Term 1 due to staff shortages. They are hoping to be back to normal by Term 2.

### Webinar for parents

I remind our junior school parents that the second free workshop on Managing Big Feelings is coming up soon. Please put this date in your diaries. As our school is part of the SaGE Network (Stonnington and Glen Eira), we have booked Marty and Carly McGauran from Inform and Empower to deliver parent webinars once per term on a variety of subjects. Look out in future newsletter for details of our next offering.



**PARENT WEBINAR**  
**MANAGING BIG FEELINGS**  
FOR PARENTS & CARERS OF PREP/FOUNDATION CHILDREN

Big feelings are a part of being human. This session is designed to support you to show up in the most helpful way when your children experience big feelings. The goal is for parents and carers to feel more informed and more empowered.

**TOPICS INCLUDE**

- How to be an emotional coach
- The brain and emotional development
- Understanding meltdowns and how to manage them
- Let's talk anger, anxiety and sadness
- Tips for encouraging your child's self regulation
- Recognising when big feelings may be a concern
- Further resources

**THURSDAY 24 FEBRUARY**  
**7.30PM (75 MINS)**

Register to attend the webinar live &/or receive access to the replay:  
[www.bit.ly/2022school](http://www.bit.ly/2022school)

Carley McGauran  
Psychologist and Mum to 3 primary and secondary aged kids

Inform & Empower  
Promoting Healthy School Communities

[www.informandempower.com.au](http://www.informandempower.com.au)

Continued next page.....

## Principal's Report - Maria Shearn

### CSEF

The Camps, Sports and Excursions Fund helps eligible families to cover the costs of school trips, camps and sporting activities.

If you have a valid means-tested concession card, such as a Veterans Affairs Gold Card, Centrelink Health Care Card or Pensioner Concession Card, or are a temporary foster parent, you may be eligible. There is also a special consideration category for asylum seeker and refugee families.

**Payment amounts this year are \$125 for eligible primary school students.** Payments are made direct to the school to use towards expenses relating to camps, excursions and sporting activities for the benefit of your child.

If you would like to apply for the first time, please contact the school office on 9570-3525 and ask for an application form. You can also download the form from our website via this link:

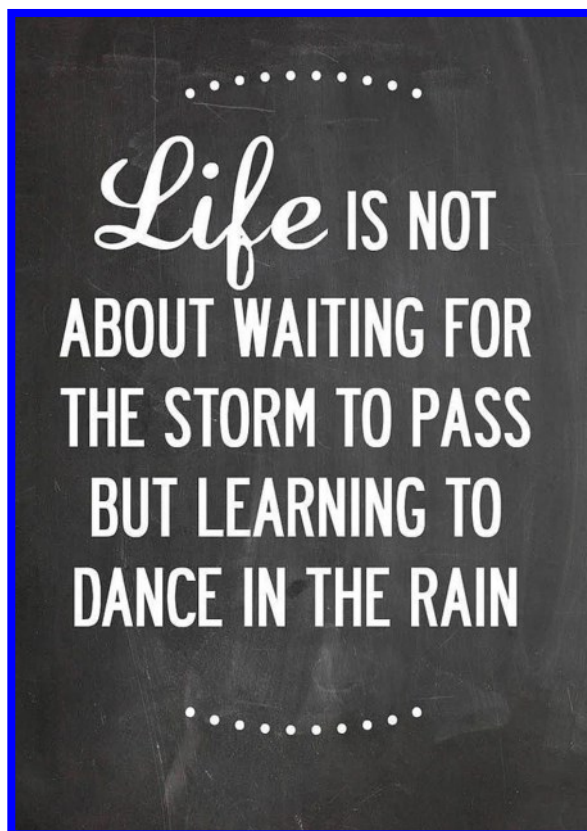
[https://www.eastbentleighps.vic.edu.au/uploaded\\_files/media/2022\\_csef\\_application\\_form.pdf](https://www.eastbentleighps.vic.edu.au/uploaded_files/media/2022_csef_application_form.pdf) Check with the school office if you are unsure, and please return completed forms to the school office as soon as possible.

**Finally** - Parents, if you have any worries about anything to do with school and your class teacher is busy or can't seem to help for any reason, please come and talk to me or to Sue Jackson our Assistant Principal.

Our doors are always open (unless we are already dealing with another person) and we will always drop what we are doing if possible to deal with anyone who comes to see us. If you can't wait until we are free, then you can always make an appointment with Ann to catch us as soon as we are able. Alternatively, if you would prefer direct contact, our email addresses are [Maria.Shearn@education.vic.gov.au](mailto:Maria.Shearn@education.vic.gov.au) & [Susan.Jackson@education.vic.gov.au](mailto:Susan.Jackson@education.vic.gov.au)

I ask that parents refrain from contacting other parents in the 'heat of the moment' if an incident occurs at school involving your child. When reporting things that have happened at school young children often give their personal view, (they can do nothing else), of the incident, which can in many instances give parents only a part of the picture. As experienced educators we know that there are always many layers to a story and these need to be investigated in order to understand and deal with appropriately. I thank you for your cooperation in this matter.

Thought



Until next time - Maria Shearn Principal





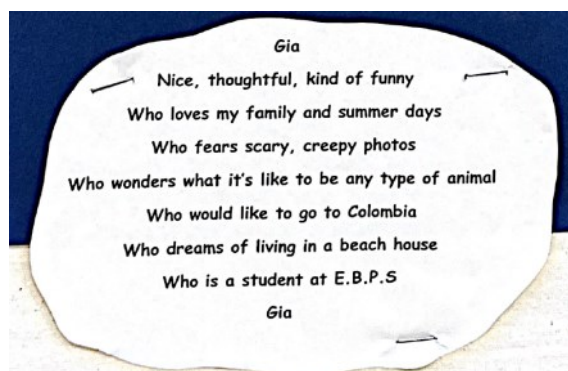
### Literacy @ East Bentleigh PS

All students have settled back into the rhythm of our Writing Cycle completing their first Big Write for the year. Students in grades 1-6 wrote a recount titled "My First Week in ....".

This gave all students access to the same experience: the excitement of returning to school, meeting 'old' and new teachers and the opportunity to discuss shared class experiences before writing.

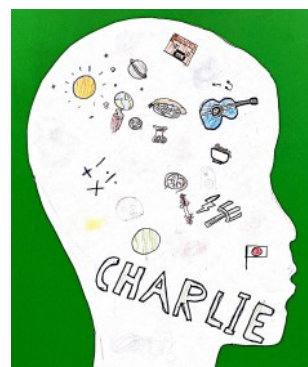
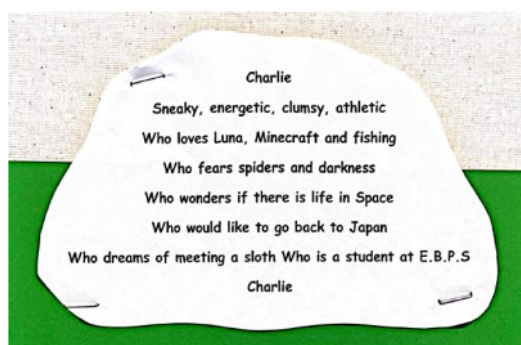
Many grades have also completed fun writing tasks to introduce themselves to a new teacher.

In class 3/4S and 3/4G students wrote a Biography Poem and then completed a silhouette drawing to represent their interests. We look forward to sharing more wonderful examples of student writing with you throughout the year.



Adam Jupiter  
Small, funny, cute  
Who loves eating lollies and skating  
Who wonders if a white hole is real?  
Who fears dogs and being buried alive  
Who feels happy when asleep  
Who would like to feel well all the time  
Who dreams of flying who is student in E.B.P.S  
Adam 😊

Llio They  
Playful, funny, creative  
Who loves friends, Pokémon and rollerblading  
Who wonders how many people there are in the World.  
Who fears spiders and kisses.  
Who would like to make new friends.  
Who dreams of candy land  
Who is a student at East Bentleigh Primary School  
LeeLee





# Maths at EBPS



*Stimulating thinking*

*A picture sparks a thousand maths concepts!*



Use this picture as a prompt to stimulate thinking. Below are ideas for investigations and conversations:

### Foundation-2:

- \* Without counting each, in one guess how many dominoes are in the picture? How do you know?
- \* How many 'doubles' are there? How many 'near doubles'?
- \* Can you find dominoes that have the same amount of dots on them?
- \* Which dominoes could you use to make 12?
- \* If Framer Sam had a paddock with 15 animals. If the dots represent animals how many different paddocks of 15 can you create?

### Years 3-4:

- \* Find a domino that has 2 lines of symmetry.
- \* What is the least amount of dominoes you can use to add up to 32? What is the most you can use?
- \* Could you draw the next column of dominoes? How would you know what they would look like?
- \* How many dominoes have on side that has an odd number and the other side an even number of dots?
- \* Arrange the dominoes so each column has the same amount of dots.

### Years 5-6:

- \* How many dots are in the image? How do you know without counting each one?
- \* Using the four operations, how many ways can you make a total of 18?
- \* The answer is 21. Use the dominoes to represent a question.
- \* Using the dominoes as fractions, can you add two to get close to 1? How many ways can you do this? Explain how you know that these fractions are close to 1? What strategies did you use?

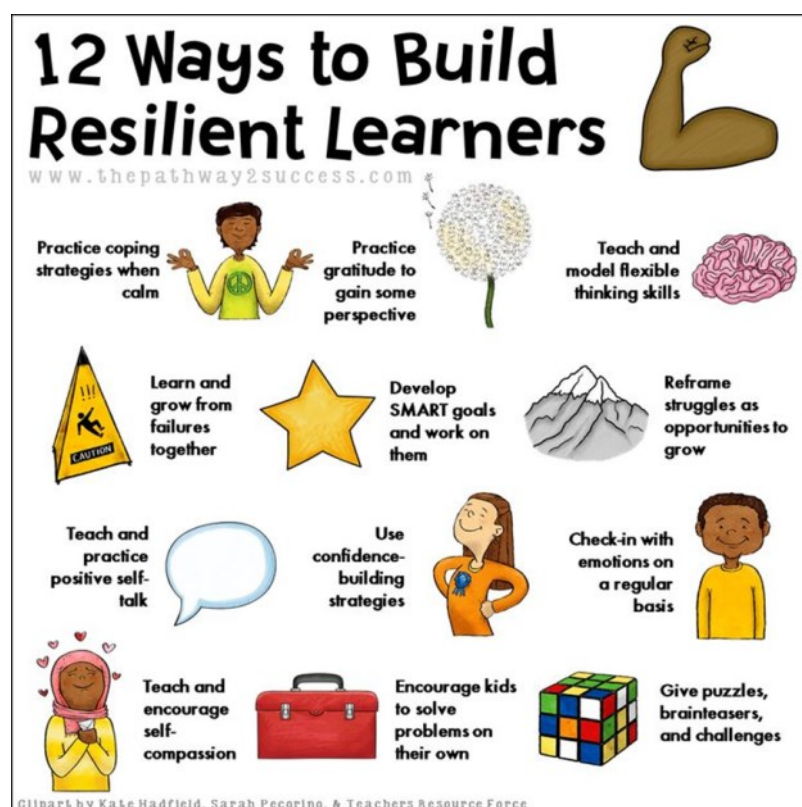
# Wellbeing @ EBPS

## Developing your child's resilience and coping skills

"Resilience is important for kids to help them cope with life's hardships, frustrations and difficulties [HFDs]," says Grose. "Developmental HFDs are those that children routinely experience, including loss, rejection, change, disappointment, failure, conflict and fear. Dealing with these helps to build coping skills for the future. "One way to build coping skills is to not overprotect your child," he says. "Life happens and things don't always go our way. It's important that kids learn this and learn how to keep their confidence up. Parents can support their kids by focusing on how they're feeling and letting them know it's okay to feel this way. Then they can help them learn to manage it, deal with it and move on."

- \* How to promote resilience in children:
- \* Remind your kids that they don't always get what they want.
- \* Be attentive to their particular situation and needs.
- \* Work hard to keep their confidence up and help them get on with life.
- \* Give kids plenty of opportunities to solve their own problems-children will only develop their *inner resources* when given the opportunity to develop their *resourcefulness*.
- \* Expect your child to be helpful at home from a young age without being paid. That's how they learn to be useful.
- \* Make sure your expectations for success are positive, realistic and based on each child's interests and aptitudes rather than on adult wishes.
- \* Normalise the HFD situations so they understand that others also experience similar situations.
- \* Be a good role model by being a resilient adult rather than an adult who's continually stressed and has no real life outside immediate family and work.
- \* Starting a hobby is a good place to begin if you feel that life is all work (and kids) and no fun.

The following poster from 'Pathways to Success' provides excellent ideas for encouraging resilience around learning. <https://www.thepathway2success.com>





# INSIGHTS

by Michael Grose – No. 1 parenting educator



## An attitude of gratitude

*Cultivating gratefulness in our children enhances family life and will reap long-term emotional rewards for them throughout their lives, writes Karen Fontaine*

Article contributed by Karen Fontaine

In the materialistic age in which our children are growing up, it's common for them to expect plasma TVs, overseas holidays and marshmallow-strewn babycons as gifts.

But rising levels of affluence seem to have had an inverse effect on our kids' levels of gratefulness. For example – when was the last time any child you know wrote a thank-you note for a gift, or said (without prompting) a heart-felt 'thank you' for dropping them at the train station when it was raining?

As adults age, our feelings of gratitude – for health, for family, for good food and even something as simple as a sunny day – generally tend to increase. Gratitude allows us to celebrate the present. It magnifies positive emotions.

But for kids, whose sense of entitlement can be epic, the power of gratitude is not only in magnifying the positive but in also blocking the toxic and negative emotions such as envy, resentment and regret.

"We know that grateful kids are happier [and] more satisfied with their lives," says Jeffrey Froh, an assistant professor of psychology at Hofstra University near New York who focuses on the topic.

"They report better relationships with friends and family, better academic achievements, less materialism, less envy and less depression, along with a desire to connect to their community and to want to give back."

The good news is, it is possible to teach gratitude. One of Froh's studies found that early adolescents who simply counted their blessings in a journal every day for a fortnight were more appreciative than those who didn't, as well as more optimistic and more satisfied with their lives.

Froh and his co-authors also found that schoolchildren exposed to a specific "gratitude curriculum" reported more appreciation and happiness than those who didn't get the lessons, even up to five months later. They were also much more likely to act on their feelings, writing 80 per cent more thank-you notes for a school event than the control group.

Froh acknowledges that gratitude comes more naturally to some kids than others, although he's not suggesting there's a "gratitude gene".

"But I do think environment can play a major role," he said. "I always point out to my kids, James, six, and Julianne, two and a half, instances when they could – and should! – be grateful. The other day, James said to me, 'Daddy, today was such a great day. We went to the beach in the morning, then we went to a park in the afternoon, then we went to the beach again at night, and for dinner you made my favorite chocolate chip waffles. I'm the luckiest boy in the world'. For a five-year-old to understand how 'lucky' – that is, grateful – they are is something very special. Had my wife and I not encouraged gratitude in him, I wonder if he would have drawn the same conclusion. Maybe, maybe not. But I'd like to think we played some role."

At our dinner table, everyone takes turn in answering the question 'What made you happy today?'. The responses, from 'having a wrestle with Dad' to 'the picnic lunch we had in the backyard', are great ways that our three children – aged 12, five and three – inadvertently verbalise their appreciation of something simple.

And so, with our eldest on the cusp of turning into a teenager – an age when gratefulness generally comes as naturally as a rambling conversation style – I ask Froh: is it expecting too much for teens to show gratitude at a time when they are expressing a fundamental desire to individuate from their family? Is pushing parents away, and exhibiting total ignorance of all you've done for them, all behaviours that conjure independence?

"I know people say this, but I disagree," he says. "Yes, teens want independence. But who said they can't acknowledge, let's say, how much their efforts played into getting them into their dream school while simultaneously acknowledging the efforts of the many others who helped get them there? Sure, it's a balancing act. But it can be done."



Jeffrey Froh shares his top five tips on how parents can help cultivate in children an attitude of gratitude.

1. "Learn to limit kid's commercial consumption and commercial activity and to maintain experiential activities that engage them in topics that they are curious about or interested in."
2. "Encourage children and teens to write simple yet effective thank you notes or letters that acknowledge the efforts of teachers and coaches in their lives. Or adults could also remind teens to text 'thank you's' to friends who have been there for them, stood up for them, or helped them in important ways. This strategy shows how we can promote gratitude as a life skill in teens, too."
3. "Some general but necessary habits that adults can practice and which are especially helpful early on (say with children as young as three) is to model gratitude and thankfulness regularly as well as encouraging and reinforcing such behaviours in children."
4. "Help kids to process benefits with 'grateful lenses'. That is, help them understand the importance of intent, cost, and benefit when someone does something kind for them. For example, our eight-year-old cousin, Olivia, helped James with his homework. To help increase his gratitude for this, I said, 'How nice was it that Olivia went out of her to help you with your homework (intent)? She even gave up going on the trampoline to do so, and we know how much she loves that (cost)! And because she did, you were able to finish your homework before it got dark so you had more time to play outside (benefit)'."
5. "Tune into your child's interests and strengths. Nurturing this in them will give them even more to be grateful for."

Karen Fontaine is a Sydney-based journalist.

parentingideas.com.au parentingideas.co.uk parentingideas.co.nz

Michael Grose Presentations

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# ARTISTRY AGG

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## EBPS KIDS ONLY ART JAM

WEDNESDAYS 3:30-5PM  
TERM 1, 2022  
IN THE ART ROOM @EBPS

\$28 per session x 6  
Final class for term 1 - 30 March  
Small class size. Limited spots left.  
Questions? Text Yaz on 0412 645652  
To purchase:  
www.tinycupboardcreatives.com.au  
(WORKSHOPS - EBPS ART JAM)

WITH YAZ  
(QUALIFIED TEACHER WITH WORKING WITH CHILDREN'S CHECK)



## AFTER SCHOOL SPORTS

**SOCCER**  
**CRICKET**

**FREE TRIAL SESSION**  
Wednesdays 4:30 & 5:30  
AGE GROUPS:  
5-7 year olds | 8-11 year olds

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**We Also Do Kid's Parties!**  
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bumper cars

**Tel: 9547 2555**  
**\$10 sessions**  
springvaleindoorsports.com.au/junior-sports

## WHAT'S ON in YOUR local neighbourhood house?

It's NEVER too late to LEARN or BELONG!

**Learn Local**

### CLASSES

- Computer Skills Level 2 (online) Fridays \$65/\$50 conc
- Digital Essentials (Beginners) (Term 2) Thursdays \$20 (subsidised)
- Sewing for Beginners (Term 2) Tuesdays & Saturdays \$95/\$80 conc
- Art: H'Art Space & Art Matters Thursdays (full-waiting list applies) \$90/\$45 conc

### GROUPS

- Potluck Friends - Mondays \$3
- Spinners Knitting Group - Wednesdays \$2
- Coffee, Colouring In, Rock Painting & Star Weaving - Mondays
- Crochet group - Wednesdays \$2

### FRIENDSHIP & SUPPORT

- Women Connect for Senior Women Topics of interest, quizzes, art & craft, friendship & fun! 2nd & 4th Tuesday \$2

### NEW GROUPS & ACTIVITIES

- Fun & Games Word Games, quizzes, friendship & fun! Mondays 1-3pm Gold Coin donation
- Community Connect Sewing, drawing, card making crocheting & knitting for charity Sewing machines provided - Wednesdays (free)
- '1000' Connections Postcards - Fridays 10-12 noon (free)

Bookings required for all classes, activities & events

**\$250 Power Saving Bonus - extended until 30 June 2022**  
For those eligible persons on a concession who are yet to make a claim - call or email Moongala and we can process the claim for you! All you need is a copy of your current electricity account, a concession card and be receiving regular govt payment

**9570 3468**  
**www.moongala.org.au**  
**e:admin@moongala.org.au**

824 Centre Road, East Bentleigh 3165

**Moongala**  
Caring through sharing  
home of VIC ROCKS!!  
Community Projects & Events

**'1000 Connections' Postcard Project**  
- aimed to share some happiness in the community for both those involved in creating the artwork and those in the community who will receive these little kind messages of care!  
Join our weekly workshops to decorate postcards, share stories, have fun and develop friendships. Blank postcards also available for collection to be decorated at home. Please register and enquire at the office. Kindly funded by Glen Eira Council & supported by Bendigo Bank Murrumbidgee  
Fridays 10-12 noon

**'Heart to Heart' Suicide Prevention Project**  
has unfortunately been postponed indefinitely

**'Heart to Heart' Moongala Project**  
We will continue to create and distribute our crocheted hearts as little 'random acts of kindness' to those in the community who need their spirits lifted! Let us know if you would like to help out

**Neighbour Day Morning Tea**  
- Mon 28 March 10:30-11:30am - We are inviting our neighbours to come along and meet us at our Neighbour Day morning tea! All welcome

**Star Weaving**  
Join us at Moongala as we support Cheltenham Community Centre making woven stars to raise awareness for family violence

**International Women's Day**  
8 Mar (to be advised)

**Book Now!**

Call or email for a brochure or to register