

Principal's Report | - 3

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

- * Year 6 Camp - Phillip Island
- * School Council /2021 Annual Report
- * School Photo Day - 30th March
- * COVID update
- * Safe Internet Use
- * Secondary School Placement 2023



East Bentleigh Primary School

Bignell Road
East Bentleigh 3165
Phone: 9570 3525

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

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

Thank you

17th March 2022

Term 1 / Week 7, Issue 4

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.

Principal's Report - Maria Shearn

Hello everyone,

Year 6 Camp - Phillip Island Adventure Resort

Our Year 6 students are currently enjoying their camping experience in tents down at the Phillip Island Adventure Resort. They are engaging in a variety of different activities, the first of which was putting up their own tents when they arrived on Tuesday! They were ably assisted in this task by the staff and parent helpers who have accompanied the students.

On my arrival yesterday I was welcomed by some very bleary eyed, but very happy children and adults who had all survived the usual sleep deprived first night at camp. My experience with dozens of camps over the years tells me that there would have been much more sleep last night and will be even more tonight before the group returns to school tomorrow afternoon exhausted from their adventures including bush craft, ropes courses, the hilarious raft building sessions and the ever-popular surfing lesson on Smith's Beach.

Successful events such as these camps don't just happen by chance. I am very grateful to Tanja Boxelaar, Bill Portelli, Aric Parsons and Jane Ross for their fantastic organisation and the great care they are taking of our students. Many thanks also to parent helpers Matt Costelloe, Zak Mrkic, Kynan O'Meara, Joss Dimock, Yoshi Usui, Juliet Rubinstein and Henry Caudle who assisted them.



Continued next page.....

Diary Dates

Year 6 Camp - 15th Mar - 18th Mar

Bentleigh Farmers' Market -
Saturday 26th March

Epilepsy Day - Wear Purple - Gold
Coin Donation - Mon. 28th March

School Photo Day - Wednesday
30th March

School Cross Country (Year 3-6)
Monday 4th April 9:30-10:30am

Last Day Term 1 - Friday 8th April
Early finish times - TBA

First Day Term 2 -
Tuesday 26th April



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

School Council and presentation of the 2021 Annual Report

A reminder that the next School Council meeting on the 21st of March, (the first of our new school council), will also include a public portion of the meeting where we present the 2021 Annual Report. All members of our community are welcome to attend the presentation which will begin at 7pm onsite. We still have a parent representative position unfilled, please advise us if you would like to self-nominate.

School Photos Wednesday 30th March

Our annual school photo day is coming up soon. Please make sure that all students are proudly wearing their cleanest uniforms for photo day in Week 9.

Covid Update

This is just a reminder to keep testing regularly and informing both the school (via school email or phone) and the classroom teacher.

As you will already know we have had few cases but need to remain vigilant with our practises especially as case numbers are rising and winter is on the horizon. With the recent changes in COVID-safe guidelines, some clarification for families is needed.

All close contacts, including children and adults in the same household as a positive case, **MUST** isolate for 7 days, even if they test negative with a RAT.

As per current Department of Education guidelines:

- All parents coming on site to the school are required to show proof of full vaccination.
- Masks continue to be required for students in grades 3-6 as well as for any adults entering school buildings.

Safe Internet Use

The impact of the internet on education is not straightforward. There is little argument that the internet is a valuable tool for students, providing easy access to a wide range of materials for homework and research. It serves as a teacher to students from where you can ask anything and it will answer you, as well as it can be used to quickly gain information and knowledge on almost everything. The internet is important because it gives access to both students and educators to vast educational resources. It provides students of any age with the ability to collaborate with others and answer questions they cannot answer on their own. As with any tool there are some inherent risks to students using the internet.

I offer the following information with the intent of raising awareness of some strategies that can be used by us all to counter these risks. The Department has clear guidelines on Acceptable Use for staff, students, and parents, with a written agreement between students, parents, and the school to abide by the conditions in the agreement, which we ask all parents to sign.

We are doing everything possible to ensure our students are not exposed to inappropriate material online. Given the recent publicity about detection and cyber-predators, we all have a part to play in keeping our students safe.

At home, parents can take the following steps to ensure their children's online experiences are safe and pleasant:

- * Remind your child that people online may not be who they say they are.
- * Remind children that identifying information also includes school, year group, hair colour, suburb, sporting team and picture. Children need to be aware that any information they post on the Internet is public and difficult to remove.
- * It is helpful to keep the computer in a public area at home, so you can keep an eye on what's going on.
- * Reinforce safety messages and continue to remind children of the need to protect their privacy.
- * Encourage them to log out of a chat session if it becomes unpleasant or uncomfortable, and to speak with a parent or trusted adult when these issues arise.
- * Specifically, they should not give out personal information such as name, address, telephone number (including mobile phones) and should check profiles to ensure the information there doesn't identify them.

Report inappropriate behaviour or material, e.g., call the police, contact your Internet or chat room provider, or contact the Virtual Global Task Force http://www.virtualglobaltaskforce.com/reprt_abuse.html

To report inappropriate behaviour or material you can call Crime Stoppers: 1800 333 00

Secondary School Placement – 2023

I know that many parents have visited secondary government and non-government schools already, in preparation for their child/children transitioning to Year Seven in 2023.

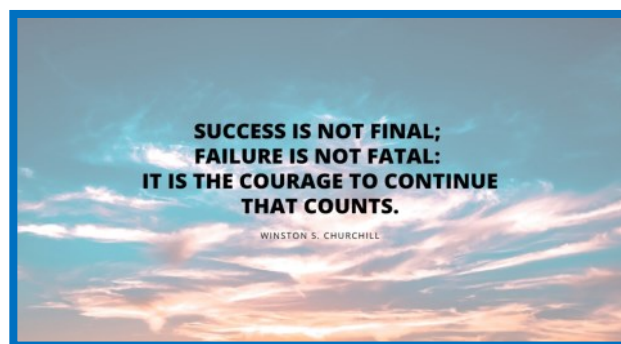
The state-wide placement timeline and procedures are as follows for those students wishing to enter a government school in 2023: -

- Information regarding secondary education and Application for Enrolment (Year Seven) forms will be distributed to Year Six students during the first week of Term Two.
- These forms are to be returned to East Bentleigh Primary School by 14th May.
- We will then submit all initial placement requests to the secondary school (first preferences).
- Secondary schools will advise Primary Schools of the names of all students who have been accepted into Year 7 by 2nd June.
- Secondary schools will advise Primary Schools of any unsuccessful initial placement requests by Wednesday 16th June. Where initial placement requests were unsuccessful, Primary Schools submit all subsequent requests to each relevant Secondary School until the student is placed.
- We will notify parents of the results of the placements applications, in writing, on 4th August.
- Parents/Carers may commence lodging non-placement appeals for secondary schools on 16th August.
- Orientation Day will be conducted on Tuesday 7th December for Year Six students.

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Principal's Report - Maria Shearn

*** Thought ***



Until next time - Maria Shearn Principal 😊

E.B.P.S HOUSE CROSS COUNTRY (Years 3-6)

Monday 4th April 2022

School/Moodeigh Oval

9.30am - Grade 3 Boys – 1 Lap (1km)

9.40am - Grade 3 Girls – 1 Lap (1km)

9.50am - Grade 4 – 2 Laps (2km) Boys then girls

10:10am - Grade 5&6 - 2 Laps (2km) Boys then girls

Students can wear their House Colours on the Day.



***** IMPORTANT NOTICE *****

NAPLAN 2022

This year Naplan testing in May will be online. All students in Grade 3 and 5 sit the Naplan tests unless they are absent or exempted (by parents/guardians). To help make parents/guardians familiar with these online tests I have copied the link to the public demonstration site for you to look at and see the structure of these tests.

<https://nap.edu.au/online-assessment/public-demonstration-site>

If you have any questions about Naplan please contact your class teacher via email or myself – Sue Jackson

susan.jackson@education.vic.gov.au

Wellbeing @ EBPS

Teaching Kids To Be Inclusive Of Others



Getting left out at school, having no one to play with at lunchtime and being picked last in sport, are all examples of social exclusion.

It hurts.

One of the best ways to help tackle exclusion is to actively teach kids how to be inclusive. Here are some ways you can do that.

Check your own diversity

Kids learn by copying the behaviours and attitudes of their important others. Look at your own friendships and your own interactions ...

How often do you and your family mix with people who are not like you? Do you have friends that are different races, religions and abilities?

If we want kids to be inclusive, we need to be that way too.

Support and Encourage Individuality

Encourage your children to first value themselves as unique and worthwhile people and then encourage them to see others in this way as well. Remind them that the way a person looks or speaks, their personality, quirks, beliefs, and interests bring something special to the world that nobody else can.

If children recognise that everyone has something worthwhile to offer, they will be less likely to reject others in their social spaces.

Teach your child to be a leader

The idea of the 'cool group' is attractive to kids, but often this means being a follower. Help your child to realise that the "cool group" does not always mean to the "best group." Show them that values including kindness, respect, and empathy are 'cool' ways to be and they can be leaders in ensuring these values are acted on. It's so important to teach kids to be kind from the very beginning. It's never OK to put anyone else down. Never OK to feel like they're better than the next kid.

Reach Out to Others

Teach your child to reach out to others. Encourage them to make other kids in their class feel valued and worthwhile. Support them to contact someone who is new, or in need of a friend. Help your child to set an example by encouraging them to include other kids in their group who may be a little different, or who may be find it difficult to find others to play with.

Set The Challenge

Your child needs to know the good things about themselves. When they can see the good in themselves, it's easier to discover the good in others. Challenge your child to discover one good thing about a child they regularly say is annoying. This will teach them that there is good in everyone and that everyone has something to offer the world.

Look Ahead

Get your child to look ahead. Sometimes the values, abilities, and strengths that are admired in primary school are not the same things that are admired later in secondary school. The highly intelligent boy who is awkward in primary school may go on to be a brilliant doctor, or a wonderful musician, or a world-renowned gardener. None of us know what the future holds.

The goal is that our children see that even kids who may not popular, are worth investing time in.

Literacy @ East Bentleigh PS

These past few weeks students across the school have been writing narratives about a very imaginative topic. Imagine if you woke up one night and found that your favourite toy had become alive! How amazing it would be! The students had to think about what kinds of adventures they would get up to with their favourite toy.

During our focus on narratives, the students will be learning important elements including beginning, middles with a problem and ending with a solution. They will be discussing characters and settings and using a range of adjectives and adverbs. While you read books together at home you could be talking about these elements together. Here are some of the short narratives which were written in 1K. We hope you enjoy them.

My bunny by Grace, 1K

Once upon a time I woke up in the morning. My toy had come to life! It was my bunny. My bunny looked sad. I asked bunny what was wrong. Bunny said "I am lost" with a tear running down her cheek. I said "I can take you home bunny." Bunny smiled. "Yes" said bunny. I took bunny home.

One Creepy Night by Simon, 1K

Once in a cccrrreeeeppy night BANG!!! I woke up and a light was shining and my toy was alive! I ran down stairs and my toy zombie was fighting in the living room. I ran in and Zombie kidnapped me! It took me to the kraken! I was terrified but just at that moment Christmasy, my teddy bear saved me and the Zombie got eaten by the kraken. The End.

My toys came alive by Bradley, 1K

Once upon a time there was a loud BANG heard in the middle of the night at 12 o'clock. When I woke up I saw my Golden Lloyd running around my bedroom. It was chaos and Chip Man was bouncing on my bed and at the end he hurled up chips and my Golden Lloyd stopped.

My Alligator by Tom, 1K

One night my alligator became alive. He tried to eat all my toys. But then he fell asleep.



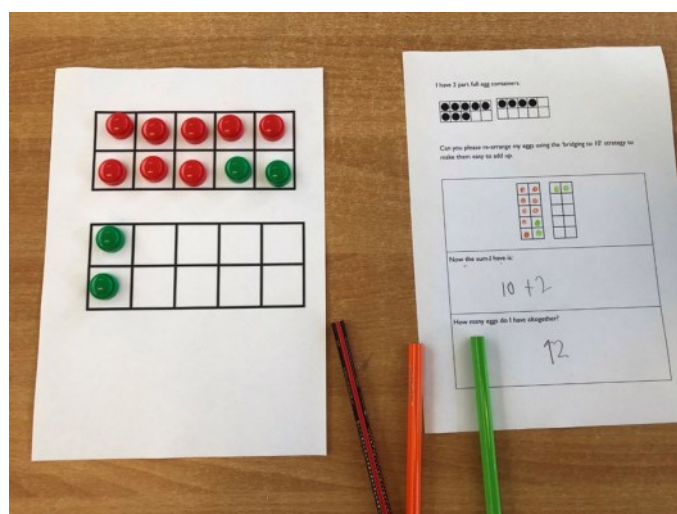
Maths at EBPS



In Grade 2 Students have been learning addition and subtraction strategies. On Wednesday this week, 2J learnt about 'bridging to 10'.

Students had to 'bridge to 10' with their egg cartons to make an easier sum that they can mentally add.

Have a look at the great work that the students showed, well done!!



Tanja Boxelaar & Aaron Jones - Numeracy Coordinators



PURPLE DAY
OF **EPILEPSY** March 26

Purple Day is a grassroots effort dedicated to increasing awareness about epilepsy worldwide.

Our Community Team have organized our own Purple day for Monday 28th March (26th March is a Saturday)

Please wear purple and donate a gold coin towards Epilepsy awareness.

INSIGHTS

Conquering kids' techno-tantrums



Many of us have witnessed our kids or teens emotionally combust when asked to switch off their gaming console or put their phone away. I colloquially call these 'techno-tantrums'. Many of us fret that this signals that they're 'addicted' to technology and find ourselves worrying about why they behave in such intense ways.

So, what makes technology so psychologically appealing for kids and how can we help them to unplug so that screen-time doesn't end in scream time?

Technology is so appealing

Technology has been intentionally designed to cater for our kids' most basic psychological drivers. As humans, our three most basic psychological needs are the need for connection, competence and control.

Technology caters for these needs in very clever ways. For example, our need for relational connection explains why many of our boys are obsessed with multi-player video games and girls are infatuated with social media. These online tools have also been designed to help young people experience competency- gamers see tangible measures of their performance by their levels of attainment, or battles won. Scrolling through YouTube and 'selecting' which video they'll watch next also enables young people to experience a sense of control and agency over their lives – something they biologically crave.

Here's what technology does to their brains and bodies

Digital technology impacts on children and young people in the following ways:

'It feels good'

When our kids use a screen it's usually a pleasurable experience for them. Their brains secrete the neurotransmitter dopamine, which makes them feel good. This means, when you demand that they turn the device off, you're terminating their production of dopamine (pleasure response). It's better to provide a choice of more appealing transition activities when you want them to move away from a screen. For example, suggest that they ride their bike, or walk the dog after they've switched off the device.

'I want more'

The online world has no stopping cues, so our kids and teen never feel 'complete' or 'done'. They can always refresh social media; continue to play to attain another level in a game; or watch another YouTube clip. This is also referred to as the state of insufficiency.

One parenting tip that works is to give your children and teens hard end points. Rather than giving them a quantity of time (for example, you can watch an hour of TV today), give them the finish time (for example, I'd like you to switch off the TV at 4:30pm).

parenting * ideas

'It's so novel'

Our brains are wired to seek out new and interesting stimulus. The online world is always instantly gratifying, fast-paced and requires minimal cognitive effort. In comparison the offline, real world doesn't always offer novelty. The real world is a lot slower-paced, and it's not always instantly rewarding and interesting like our kids' digital world.

Ensure your kids and teens have ample time to experience boredom. Our brains were never designed to be switched on and processing information as they are in the digital world. Opportunities for boredom allow the brain time to reset and help our kids become accustomed to not always being 'switched on'.

Related webinar

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Understanding techno tantrums' at no cost.

About

In this webinar Dr Kristy Goodwin helps parents and carers understand why children and teens emotionally combust when they digitally-disconnect, and how to establish new, healthy technology habits.

When

17 June 2020 8:00pm AEST

To redeem

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-understanding-techno-tantrums>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code TECHNO and click 'Apply Coupon' Your discount of \$37 will be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details. These details are used to login to your account and access your parenting material
7. Click 'Place Order'

The voucher is valid until 17 September 2020.



Dr Kristy Goodwin

Dr Kristy Goodwin is a digital wellbeing and performance speaker, author and researcher (and mum who also deals with her kids' techno-tantrums!). She's the author of Raising Your Child in a Digital World, and a media commentator who doesn't suggest that we ban the iPhone, or unplug the gaming console (digital abstinence isn't the solution). Kristy worked as an educator for fourteen years before becoming an academic and speaker who's on a mission to help children, teens and adults tame their technology habits so they're not a slave to the screen. For further details visit www.drkristygoodwin.com.

Community Information - for Job Seekers



Dear Families of East Bentleigh Primary School,

My small business [Calmer Sutra Tea](#) is currently seeking new staff. We are a hop, skip and a jump away from the school and can be somewhat flexible around school hours making it a great match for parents of young children.

Over the years we have employed many parents from the school and it's been a lovely experience connecting our local community in this way.

PRODUCTION & DELIVERY ASSISTANTS - CASUAL/PART TIME

Specifically we're looking for new casual staff to assist in production and/or delivery driving. The production role includes the blending and packaging of our chai and tea products. There is no prior experience needed for this role. Shifts available Monday to Friday and we can be flexible with which days and the number of days.

We are also searching for 2 Senior full time roles (Office Manager | Warehouse Manager) and details of all positions can be found on our [careers page](#):

Please contact me via email with any questions or interest:

caitlin@calmersutratea.com.au

Caitlin xx

NOW RECRUITING INSTRUCTORS



WANT A NEW CHALLENGE? NEED FLEXIBLE WORKING HOURS?

3 Bayside Venues
No Experienced Required
All Training & Professional Development Provided
Teach Children Life Long Water Skills

To Apply Email Dylan@thsc.com.au



Advertising

Advertising Disclaimer: We thank the many organisations/businesses that support the publication of our newsletter by paying for their advertising. Whilst the Editor checks for appropriate content, E.B.P.S. does not endorse the conduct or service and encourages parents to investigate the product or service as they would for any purchase they are contemplating. Maria Shearn - Principal

Melbourne April School Holidays 2022

The famous Art & Cartooning Camps are back!

Cartoon Workshops

Monday April 11th - Thursday April 14th 2022

HEY MUM!
CAN WE GO TO THE CARTOONING CAMPS?

We'll get to draw all our favourite cartoon characters...
...Play games...
...Eat party food...
...Make cool stuff with craft materials...
...Learn painting techniques...
...AND MAKE MORE!

Sure, sounds like fun, it's very reasonably priced!
I'll ring Mrs. Field & see if she wants to book in too!

\$50 for Short Day / \$55 for Long Day
\$35 for Wednesday night camp
www.illustrating-man.com.au

EARLY BIRD
Book the full 4 days (Long Days) before 5pm Monday March 28th for the Early Bird Special & receive cartooning books valued at \$48

BOOKING ENQUIRIES: 8.30am - 4.30pm (EST)
Calls outside of these times will be returned the following day

02 9343 0833
bookings@cartoonkingdom.com.au
www.illustrating-man.com.au
Mail: Suite 2, 29 Newland Street, Bondi Junction 2022

HOW TO BOOK

- Go to our site: www.illustrating-man.com.au
- Click the Cartoon Camp Button on our home page
- Select your location: Melbourne & complete the form
- Please ensure your email address is correct
- We will email you a confirmation within the week
- Please check your junk mail - sometimes emails with attachments may go in there
- We look forward to welcoming your children
- If paying with PayPal - we will write to your PayPal email address

Melbourne
Caulfield Park Sports Club
280a Balcombe Road, Caulfield North
Monday April 11th - Thursday April 14th

come & try CALISTHENICS at Emmanuel

DANCING - ACRO
BALLET - ACTING
APPARATUS - GAMES
TEAMWORK - FUN
PERFORMANCE

TINY TOTS (3-5 YEARS)*
SATURDAYS 9:45 - 10:45AM

TINIES (7 YEARS & UNDER)*
SATURDAYS 9:15 - 10:45AM

SUBBIES (10 YEARS & UNDER)*
SATURDAYS 11AM - 2PM

JUNIORS (13 YEARS & UNDER)*
WEDNESDAYS 5 - 8PM

*AGE AS AT 31 DECEMBER 2022

ALL CLASSES HELD AT OUR CUSTOM DESIGNED STUDIOS

44 DOWNING ST OAKLEIGH

CONTACT ADMIN@EMMANUELALISTHENICS.COM.AU
OR CHRISTIE 0403 313 990