

Principal's Report | - 2

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

- * School Council
- * Moorleigh Community Centre
- * Kiss 'n' Go area
- * Student Free Day - rescheduled
- * Anaphylaxis awareness
- * Sunsmart
- * Hand Sanitisers
- * Parent Communication



East Bentleigh Primary School

Bignell Road
East Bentleigh 3165
Phone: 9570 3525 Fax: 9579 0205
Email: east.bentleigh.ps@edumail.vic.gov.au

18th February 2021

Term 1 / Week 4, Issue 2

BREAKFAST CLUB IS HERE!

Starting

Monday 22nd February

8:15-8:45am

in new Performing Arts
Centre (PAC)

*If your child has allergies—
please email*

jane.cornelius@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@edumail.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 Trials Yr 3-6 Tuesday 23rd
February 9:30-11:30am

Bentleigh Farmers' Market -
Saturday 27th February 8am-12:30pm

Yr 1&2 Swimming Program - 9 days
1st Mar Feb to 12th Mar.

District Swimming Carnival Yr3-6
Tues 2nd March 10:30am-2:30pm

Yr 3&4 Swimming Program - 9 days
15th Mar to 26th Mar.

Year 6 Camp - Philip Island 4 days
9th Mar - 12th Mar

School Photo Day - Wednesday
31st Mar

STUDENT FREE DAY - Teacher PD
Thurs 1st April - Last Day of Term 1

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,

It was so good to welcome everyone back onsite this morning. There is no place lonelier than a school devoid of children's laughter and energy.

Thank you to parents who have responded so positively and with good humour this morning to the new mask wearing advice. In order to avoid congestion in the northern side of the school we have come up with the following tweaks to arrangements:

As of tomorrow until 26th February, Prep students will be dismissed from the front of the school at **2.30pm**, (same time as previously planned). Prep parents unable to wear masks for medical reasons are asked to ensure they physically distance from others and leave the school promptly after drop off and pick up.

From Monday 1st March Prep students will be dismissed at **3.20 pm** from the front of the school. Once again parents are asked to move on quickly at these times. Parents of students in Years 1 and 2 requiring support at drop offs and pickups are asked to contact us to make the required arrangements.

We will continue to monitor how our new arrangements are going and advise of any changes. Thanks for your patience and understanding as we navigate this space.

School Council

At the end of the nomination period - 4pm on Friday 15th February, we had 3 nominations for the 3, (2 year), parent positions available.

We still have 2 casual (1 year), vacancies to fill for our parent group. I encourage you to consider joining this most important group. Please contact the office if you would like a self-nomination form.

Thank you and welcome back to Lisa Vance and Andrew Goldfinch and welcome to Petra Betschart who joins other parent representative Ofer Fridberg who is in the second year of his term.

My thanks to retiring parent representative Helen Woodruff for her work on school council over recent years.

Thank you also to Lee Jellis and Jill Griffin who have filled the 2 DET positions vacated by Alison Hackett and Dagmar McNamara at the end of their 2 year term. Thank you all.

I look forward to working productively with you all over what promises to be a very interesting year for us all.

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

Please advise us at the office if you would like to join any of the school council sub committees. These are:

* Finance * Communication * Education (Policy Development) * Facilities and Grounds Maintenance
* Farmers' Market * Publicity * Grants

Moorleigh Community Centre

Last week I met with Ros Porter - Community Development Officer at Moorleigh Community Village, who filled me in on the many groups who use this wonderful facility on a daily basis, which includes a number of groups whose members are seniors. She asked me to remind our parent community of this fact and of the need for parents who do use the Moorleigh carpark to do pickups and drop offs to move on quickly as the car spaces are needed for the users of the facility. She also advised that a number of people had spoken to her quite concerned about the number of very young children moving about the space unsupervised whilst their carers (presumably) chatted. I ask that you take great care when using this facility that we are very fortunate to share. Remember it does not 'belong' to us and it would be a shame to lose access to it.

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 into school' spot.

Student Free/Curriculum Day

A reminder that our planned student free day originally scheduled for Monday 22nd February has been rescheduled to Thursday 1st April (the final day of term).

Anaphylaxis Awareness

Although anaphylaxis is uncommon, we have a number of students at our school who have this life threatening condition and steps need to be taken to prevent an episode, minimise the harm or deal with an incident.

As a parent you can help us by not packing any nut products in your child/(ren)'s snack/lunch at school.

Our school is a NUT FREE ZONE. We particularly request that if your child is in a class with a child at risk that you must not include nut spreads in your child's school food, as these products can easily smear on face, hands or eating surfaces and therefore can be transferred and increase the chance of an anaphylactic reaction.

You can also help by talking to your child about the condition and about the fact that we **do** have children with the condition at our school. You could also reinforce the importance of not sharing food and the importance of washing their hands and face after eating.

By educating your child about the nature of anaphylaxis we hope to gain their support for preventing exposure to allergens and ensure the affected child is protected from any teasing. As a school community we need to work together to ensure that all children can have a safe and caring school environment and we seek your support to make this happen. Please look out later in this newsletter, for more general information from Anaphylaxis Australia, as **avoidance** and **education** are the two keys to good management of severe allergies and anaphylaxis. Staff at our school receive regular updates on the management of anaphylaxis.

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.

Hand Sanitisers

It has come to my attention that we haven't included the use of hand sanitisers in our raft of permission notes at the beginning of this year. Any parents wishing to supply their own hand sanitiser for their child's use at school is welcome to provide it. Please put your child's name on the bottle and give it to their class teacher. Thanks Jeri for pointing this out!

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 or Susan.Jackson@education.vic.gov.au.

Thought

*Though times may have changed, little children have not.
They need what they have always needed: strong, consistent parents;
opportunities for unstructured, imaginative play;
help in understanding their feelings and expressing them appropriately;
and plenty of opportunities for physical activity.*

Georgianna Roberts

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



BREAKFAST CLUB IS HERE - STARTING MONDAY 22ND FEBRUARY



Dear Parents and Guardian,

We are very pleased to advise that the School Breakfast Clubs Program is coming to our school on Monday 22nd February.

Our new School Breakfast Club will run every morning from 8:15am to 8:45am in our new Performing Arts centre (PAC).

Delivered by the Victorian Government in partnership with Foodbank Victoria, the program provides healthy meals to help students focus better and participate fully in their education.

Our School Breakfast Club aims to ensure students start the day with a healthy meal, to improve concentration, to help students make friends and develop strong social connections.

The breakfast club will be run by Jane Ross and Christine Kennedy (ES Staff).

If your child has any food allergies you must contact Jane Ross via email before their attendance.

Come and join us for a healthy start to your day.

ALL ARE WELCOME!

Regards

Jane & Christine

Email: jane.cornelius@education.vic.gov.au



Garden news

So wonderful to return to gardening and especially meet my new year 3 students! Thanks to perfect summer growing conditions we've started cooking with a bumper summer harvest from our garden: peaches, plums and nectarines, zucchini, tomatoes, basil, and potatoes.

The gnocchi with zucchini and pesto made in cooking classes was super delicious! Apples, grapes, eggplants and capsicum are next on the late summer/autumn menu.

Oval oasis

Isn't our new oval an amazing green oasis inviting all a roll down the hill and lie on one's back looking up at the summer sky? Do you know that over the holidays the first people to land on it came from the sky? A hot air balloon landed there early in the morning and had to be let out of the locked gate. Here is the video and map of the route and how they carefully packed up the balloon and basket: <https://youtu.be/OEEeXBIDDU4>

Chooks news

Thank you to our wonderful volunteers who cared for the chickens and ducks over summer holidays! We finally found a perfect home for our dear rooster Boofhead who was scared of people, he now lives with many hundreds of chickens and roosters in a free range 100 hectare farm in Sale with farmer Sam Brown. Here he is (centre) exploring his new home and new friends:

Now our oldest white chick Sol has stepped up and taken place of head rooster. Sol (Spanish for "sun") was hatched by hand with Camillo's care during lockdown last August along with a black hen Cholla ("shadow"). They have been well handled and love humans thanks to Camillo and his family's kindness, so students are now returning to chicken duty in garden classes with joy!

Unfortunately our darling white mother hen Tiny who raised the other 6 chicks and is the true mother of Sol, died suddenly last Tuesday and she is buried under the Mulberry tree. We will always remember her as the best mother hen in the world like in the photo below!

EBPS Biodiversity project

As part of our Biodiversity Corridor Project grant from Junior Landcare Australia, garden classes will monitor long term biodiversity in our school using nestbox cameras and an iPad to record wildlife sightings and identify plants and their flowering/fruitlet cycles. This data will be shared to iNaturalist platform for citizen scientists to use. I have set up a project which anyone over 13 yo in the community can contribute to using iNaturalist. Please consider joining as a family and documenting wildlife and nature around you even in your own backyard! If you spot something interesting living on our school grounds snap a photo of it and upload it to our EBPS Biodiversity project:

<https://www.inaturalist.org/projects/east-bentleigh-primary-biodiversity-corridor>

To join this project you need to "sign up" to iNaturalist (top right) (or login if you are already a member) then request to join.

You could start up an iNaturalist account for your child through this process but they need to be over 13:

https://www.inaturalist.org/user_parents/new

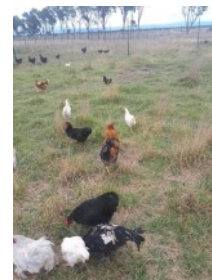
A safer way to explore the natural world around you with your children (without recording location or uploading photos) is by using the Seek app by iNaturalist: https://www.inaturalist.org/pages/seek_app

By snapping a photo of a plant or animal Seek will teach you all about that organism. Note, however, you won't be able to add observations to our project.

In gardening class, students will be able to log sightings to the project using the generic account "EBPS" and my school email, and strictly no photos or identification of students will occur.

Today I noticed the very first blue-banded bee in the tomatoes in my backyard:

Happy exploring and hope to see you in the garden! Pascale



What is Anaphylaxis?

Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening. It must be treated as a medical emergency, requiring immediate treatment and urgent medical attention.

Anaphylaxis is a generalised allergic reaction, which often involves more than one body system (e.g. skin, respiratory, gastro-intestinal, cardiovascular). A severe allergic reaction usually occurs within 20 minutes of exposure to the trigger and can rapidly become life threatening.

What causes Anaphylaxis?

Common triggers of anaphylaxis include:

Food

Milk, eggs, peanuts, tree nuts, sesame, fish, crustaceans and soy are the most common food triggers, which cause 90% of allergic reactions, however, any food can trigger anaphylaxis. It is important to understand that even trace amounts of food can cause a life-threatening reaction. Some extremely sensitive individuals can react to even the smell of a food (eg.fish)

Insect Venom

Bee, wasp and jumper ant stings are the most common causes of anaphylaxis to insect stings. Ticks and fire ants also cause anaphylaxis in susceptible individuals.

Medication

Medications, both over the counter and prescribed, can cause life threatening allergic reactions. Individuals can also have anaphylactic reactions to herbal or 'alternative' medicines.

Other

Other triggers such as latex or exercise induced anaphylaxis are less common and occasionally the trigger cannot be identified despite extensive investigation.

Signs and Symptoms

The signs and symptoms of anaphylaxis may occur almost immediately after exposure or within the first 20 minutes after exposure. Rapid onset and development of potentially life threatening symptoms are characteristic markers of anaphylaxis.

Allergic symptoms may initially appear mild or moderate but can progress rapidly. The most dangerous allergic reactions involve the respiratory system (breathing) and/or cardiovascular system (heart and blood pressure).

Common Symptoms

Mild to moderate allergic reaction

- Tingling of the mouth
- Hives, welts or body redness
- Swelling of the face, lips, eyes
- Vomiting, abdominal pain

Severe allergic reaction- ANAPHYLAXIS

- Difficulty and/or noisy breathing
- Swelling of the tongue
- Swelling or tightness in the throat
- Difficulty talking or hoarse voice
- Wheeze or persistent cough
- Loss of consciousness and/or collapse
- Pale and floppy (young children) [CPR instruction site >> The Red Cross](#)

Diagnosis

A person who is suspected of having a food allergy should obtain a referral to see an allergy specialist for correct diagnosis, advice on preventative management and emergency treatment. Those diagnosed with severe allergy must carry emergency medication as prescribed as well as an [Anaphylaxis Action Plan](#) signed by their doctor. Food allergic children who have a history of eczema and/or asthma are at higher risk of anaphylaxis. Administration of adrenaline is first line treatment of anaphylaxis.

Management & Treatment

Anaphylaxis is a preventable and treatable event. Knowing the triggers is the first step in prevention. Children and caregivers need to be educated on how to avoid food allergens and/or other triggers.

However, because accidental exposure is a reality, children and caregivers need to be able to recognise symptoms of an anaphylaxis and be prepared to administer adrenaline according to the individuals Anaphylaxis Action Plan.

Research shows that fatalities more often occur away from home and are associated with either not using or a delay in the use of adrenaline.

In Australia, adrenaline can be purchased on the [PBS](#) in the form of an auto-injector known as the EpiPen®. More information also available from [ASCIA](#). The EpiPen® auto injector is an intra-muscular injection of adrenaline for the emergency treatment of anaphylactic reactions. It is available in two doses, EpiPen® Jr or EpiPen®. **Please consult your doctor for more information on allergic reactions and life-saving, emergency treatment.**

[engage] 1 on 1 Psychology for Young People

East Bentleigh Primary School has acquired the counselling services of Registered Psychologist **Kathy Astrinakis**, from Engage 1on1 Psychology.

Kathy is a private Psychologist who will be providing a bulk billed counselling service to the students at East Bentleigh PS who have a **referral letter** and a **Mental Health Care Plan** (item No. 2715 or 2717) from a referring GP.

The Mental Health Care Plan will entitle students to 6-8 bulk billed counselling sessions each calendar year. The counselling service will take place at East Bentleigh Primary School allowing ease of access to the service.

Please contact **Sue Jackson (or the school office)**, once a referral letter and Mental Health Care Plan have been obtained from your GP. We will then liaise with Kathy to set up an appointment time for you to meet.

UJEB is Back at School for 2021



ENGAGING OUR FUTURE

It's not too late to sign up at www.ujeb.org.au



Or contact our office for more information
Phone: 03 9523 6844 Email: ujeb@ujeb.org.au



parenting * ideas

POSITIVE PARENTING

insights

Helping kids tolerate discomfort

by Michael Grose



Few right-minded people want children or young people to experience hardships or difficulty. However growing up generally means that kids will experience their fair share of hardships, frustrations and challenges which lead to uncomfortable feelings.

Exercising their discomfort muscles

Tolerating discomfort is an important resilience skill. It refers to an ability to sit with an uncomfortable or emotionally painful feeling such as disappointment, apprehension, nervousness or fear. These emotions can be brought about as a result of not being picked for a team; getting lower than expected marks for an assignment; or going into new, unfamiliar situation such as school camp. These are the sorts of every day situations that can make some kids feel uncomfortable. It's helpful to think of discomfort as a 'muscle' that gets stronger with training. Each time a child or teen successfully tolerates discomfort they're reinforcing their ability to do so and cementing the knowledge that they can overcome emotional challenges.

Opportunities to practise tolerating discomfort

Opportunities for practice are plentiful and are found in common situations such as when a child or teen is: feeling hungry; wanting something they can't have; having to end screen time; contributing to household chores when they don't feel like it; missing out on a job interview; asking someone on a date or not receiving a party invitation.

It's not toughing it out

Tolerating discomfort doesn't mean toughing out an unbearable situation. It's teaching your anxious child to notice how they're feeling, naming their emotions, and practising acceptance of difficult feelings as they occur. This is done in the knowledge that what they're experiencing is temporary and that they're lovingly supported by a warm and comforting adult. Couple tolerating discomfort with social rewards (such as words of praise or shared fun activity) for coping behaviours and you're helping to build their personal resilience.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 12 books for parents including *Spoonfed Generation* and the best-selling *Why First Borns Rule the World and Last Borns Want to Change It*. His latest release *Anxious Kids*, was co-authored with Dr Jodi Richardson.

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REGISTER NOW!

nab AFL Auskick

Bentleigh Auskick
King George Reserve
East Boundary Road, Bentleigh
Starts Sun 25th April, 8:15am to 9:30am
Register online or contact Nick Gouin on 0457 099 274
Girls and Boys, ages 5 to 10

AFLAUSKICK.COM.AU   