

Principal's Report | - 2

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

- * Learning @ Home Program
- * School Council News
- * Bentleigh Farmers' Mkt. is on!
- * Safety when dropping off and picking up children

LOST PROPERTY

PLEASE COME AND CHECK FOR
LOST PROPERTY - THERE IS A
HUGE PILE !!

LOCATED NEXT TO SCHOOL OFFICE

CSEF Applications are now due

If you receive a Centrelink Pension or have a Healthcare Card - you may be eligible for \$125.00 per child - to put towards school fees related to excursions, sport or camp.

Please come and collect an application form from the school office.

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

Wed 25th Mar

SCHOOL PHOTO DAY - Postponed

Thurs 26th Mar - Easter Bonnet Parade - cancelled

Fri 27th Mar

LAST DAY TERM 1 2:30pm Early finish

TUES 14th Apr

FIRST DAY TERM 2 8:50am start

Year 5 Camp - Roses Gap

14th April - 17th April - POSTPONED



East Bentleigh Primary School

Bignell Road

East Bentleigh 3165

Phone: 9570 3525 Fax: 9579 0205

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

19th March 2020

Term 1 / Week 8, 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,

As I write this I am amazed at how quickly the term has flown, especially the last few hectic weeks. It is hard to believe that we are almost at the end of the term already. It seems like only yesterday we were preparing for our first day of the school year. I know we have some very tired children, (especially after the 4 weeks of the swimming program) around the place. On Tuesday we conducted a school tour for prospective parents and how wonderful it was to be able to show them around classrooms with such happy students fully engaged in their learning, including our preppies who despite their short time at school did not bat an eyelid as such a big group of visitors entered their room; they just went on with what they were doing. It was such a great example of the wonderful job our teachers do every single day in teaching our children

I would also like to acknowledge our 4 school captains Samuel, Peta, Misha-El and Jessica who joined in the tour and answered our visitor's questions so articulately. Well done to you all.

Learning at Home Program- COVID-19

I hope that you have all been reading my frequent emails regarding our response to the COVID-19 virus. In the event of a full school closure, our teachers have been working collaboratively to ensure that your child's learning continues. They have created online learning spaces using Seesaw, a free to use app, that will allow them to share activities on a daily basis during term time. You will be able to access these activities either via the Seesaw website or app (the Seesaw learning journal version). Teachers will provide students with individual log ins to be able to access their learning space. If you would prefer your child not to be using screens you can view the content and present activities to your child.

For those that are already staying at home, we have provided an extensive list of websites where families can find engaging and meaningful activities for children to enjoy.

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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 News

Our new school council for 2020 met for the first time on Monday. At this meeting we elected our new executive for 2020.

Our new council is:

President – Lisa Vance

Vice President – Andrew Goldfinch

Treasurer - Sue Jackson

Minute Secretary – Alison Hackett

Parent Representatives Lisa Vance, Andrew Goldfinch, Helen Woodruff, Venesser Fernandes and Ofer Fridberg.

DET Representatives – Alison Hackett, Dagmar McNamara Sue Jackson

Executive Officer - Maria Shearn

Due to unforeseen family circumstances we now have a casual vacancy for the parent representative group. I would ask that if you are interested and would like to know more that you speak to either any parent rep or come and have a chat to me - we would love to have a full complement of parents on our council.

During this busy meeting we also discussed the progress of the facilities program, our school's response to the COVID-19 virus and last but certainly not least, presented our 2019 Annual Report which will be uploaded to our website soon.

Bentleigh Farmers' Market

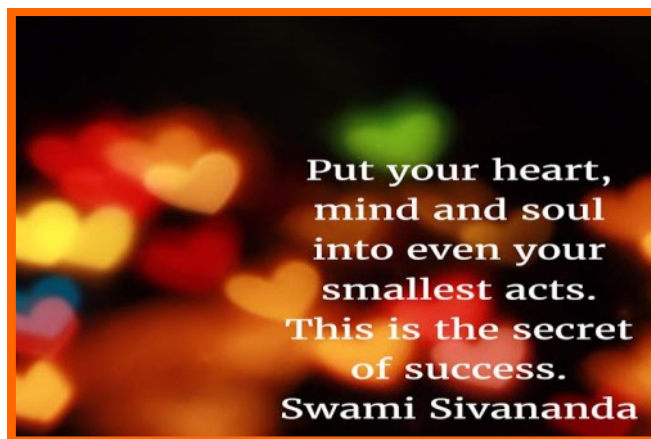
As our BFM is an accredited Victorian Farmers' Market Association market it has been deemed an 'essential service' and is **exempt** from the ban. Our next market is **Saturday 28th March** running from 8am-12.30pm. Despite all the uncertainty we are dealing with, one certainty is that our farmers need our support; our bodies need fresh and nutritious food to keep us healthy and our supermarkets are not very friendly places at the moment.

I encourage you to 'kill two birds with one stone' so to speak and consider coming to the market on the 28th. Browsing through all the wonderful stalls is a relaxing way of spending some time on a Saturday morning - much more pleasant than the supermarkets. I hope to see lots of you there.

Safety when Dropping and Picking up Children from school

I'd like to acknowledge and thank the vast majority of parents who do all the right things when dropping off and picking up their children, however it seems that another reminder is required for the small number of parents who continue to make unsafe choices at these times. **I need to ask again, please do not enter the staff car park to drop off or pick children up. Doing a U-turn in the middle of Bignell Road is also very unsafe, particularly during busy drop off and pick up times.** A reminder too, that if you are using the 'Kiss and Go' space, that this is a quick drop off space only **(2 mins. Max)** - please do not leave your car unattended.

*** Thought for the week ***



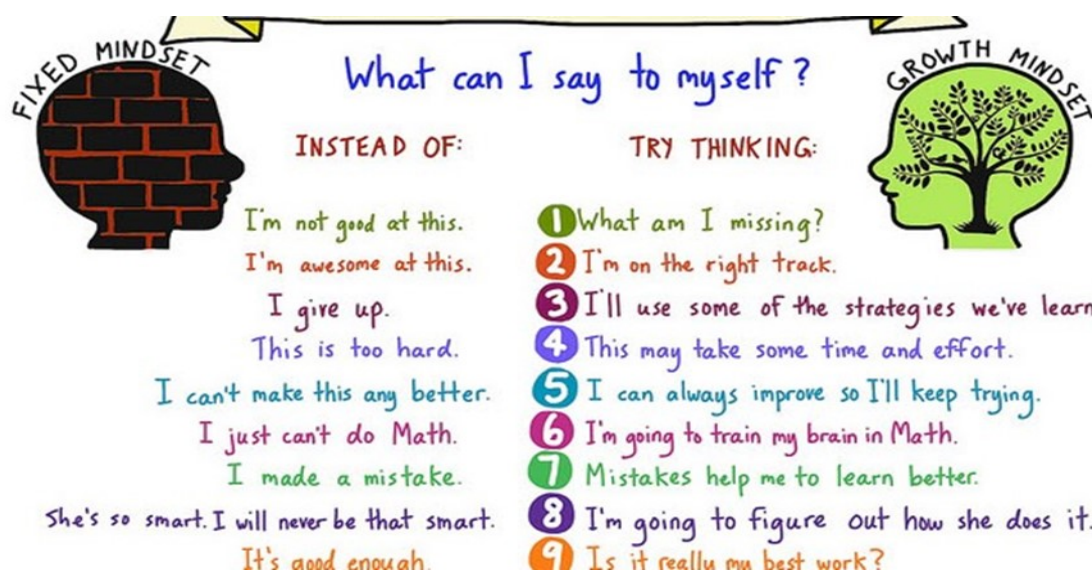
Until next time.....Maria Shearn - Principal 😊



Maths at Home

We speak a lot about 'Growth Mindset' at school. What is a growth mindset? It is a willingness to keep trying and understanding that making mistakes is how we learn and get smarter. When we believe we can get smarter, then we understand that effort makes our brains stronger. Putting in extra time and effort leads to higher achievement.

The opposite of a growth mindset is a fixed mindset. Consider some of the thinking on the poster below and try to alter your thinking next time you are confronted with a problem.



A great way to 'grow your brain' is by working on some maths problems. There is a free live site that is excellent for this. If you click on the site you can work on the fun problems at home. If you wish you can also submit your solution and compete to be published!

<https://nrich.maths.org/14536>





Literacy Corner



Reading at Home

Dear parents and carers,

Yesterday Mrs Shearn shared a large range of online literacy resources that can be utilised at home in the event of school closures. We highly recommend that you visit some of those sites in the coming days to see how they can be used.

Reading can be a wonderful escape from our everyday lives and both adults and children may soon have more time at home to spend in the company of books.

The following sites have excellent recommendations for primary school students. The school library is open for borrowing and children can now borrow extra books. Many council libraries are still open and books can also be purchased through online bookshops.

Don't forget to share your book recommendations with a friend!

5/6G Book Recommendations

Winterhouse	by Ben Guterson
Harry Potter series	by J.K Rowling
Specky Magee	by Felice Arena and Garry Lyon
Wonder	by R. J. Palacio
Wind in the Willows	by Kenneth Grahame
Nevermoor	by Jessica Townsend

https://www.hoagiesgifted.org/reading_lists.htm

<https://www.commonsemmedia.org/lists/50-books-all-kids-should-read-before-theyre-12>

<https://time.com/100-best-childrens-books/>

Wellbeing at East Bentleigh P.S.

Positive Education/Respectful Relationships/Restorative Practices



As Student Wellbeing Co-ordinator - I was looking for some helpful advice to parents on how to talk to your children about the Corona Virus. Please see below and over the page, an article published in The Age on 17th March - written by Miki Perkins

How to Talk With Your Child About the Corona Virus

The Age March 17, 2020 An article by Miki Perkins

"Are we all going to die?" The question, posed by a young child to her mother in a long supermarket queue, was an understandable response to the grim-faced adults around her.

But her mother – like any parent or carer asked this question – was probably left reeling, says Louise Newman, a psychiatry professor at the University of Melbourne, who was standing behind them in the queue.

The mother handled the situation admirably, Professor Newman says. She told her daughter some people were worried because there was an illness, or a germ, that could make people sick. But it wasn't serious for children, and her family would make sure the little girl was safe.

"She went through it in very simple terms, with clear, digestible information that was suitable for someone that age," the professor says.

It's challenging for parents and carers to know how best to explain the coronavirus to small people. How much information is too much, and does sugar-coating have a place? The answer depends on the age of the child. Some might not know the correct terms: "I heard of one young child referring to it as 'The C thing'," Professor Newman says with a laugh.

Younger children

Primary-aged children have lots of questions, and these should be answered in the way a young child will understand. There's no need to go into great detail, but it's important to offer warm reassurance.

Make sure you don't feel too emotional before talking to your children. Your voice should be calm, steady, and matter-of-fact, and they should have your full attention, says Professor Brett McDermott, a former director of Beyond Blue and a child and adolescent psychiatrist.

You could start by asking them what they already know, and acknowledge their concerns. Children want to feel heard, and this also helps you ascertain their grasp on the situation.

Professor McDermott has a pro tip: give the most important message at the start of the conversation, and repeat the same thing at the end. It does not need to be too long. For young children this helps it sink in.

"Primary school kids want to know they are going to be OK, and their parents are going to be OK," says Professor McDermott. "Tell them it's not very dangerous for people who are mummy or daddy's age."

Volunteering extra information, even if it's true, may not be helpful. For example, saying the death rate is much higher in people of their grandparents' age group would be anxiety-provoking.



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Wellbeing at East Bentleigh P.S.

Positive Education/Respectful Relationships/Restorative Practices



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Teens

Children in their early teens can seem mature but they are still emotionally developing. Give them comfort and talk through their concerns, particularly information they've heard from friends which might not be accurate.

Often they will ask the same questions repeatedly: this is not because they are after information, but because they want reassurance.

Older teenagers appreciate being treated more like adults, and will want to discuss the same information that you are processing. Try to guide them to good quality sources of information, such as evidence-based websites and reputable news sites.

If you don't know the answer to a question it's OK to say that and offer to find out more information, says Naomi Hackworth, a psychologist and content manager of the government-funded [Raising Children](https://raisingchildren.net.au/) network. <https://raisingchildren.net.au/>

"Tell them it's OK to be worried, and say that you worry too. But it's also important to be reassuring," she says. Ms Hackworth also recommends limiting children's access to media about the coronavirus to reduce anxiety.

Life goes on

Where possible, it's essential to keep life going in a normal and natural way, says Professor Robert Booy, an infectious diseases paediatrician and professor at the University of Sydney.

Children will be better off – and their immune system will be stronger – if they have good social contact with their friends, Professor Booy says.

He recommends small gatherings, fewer than 10 people, and says parents should supervise to ensure good personal hygiene and a distance of at least 1.5 metres.

If children are too young to understand this, parents can try modelling the behaviour with them and ensuring they are wiping their noses and washing their hands.

"The modelling that has been done across a lot of countries and a lot of school systems shows that there appears to be little to be gained and something to be lost by willy-nilly keeping children home," Professor Booy says.

He recommends meet-ups outdoors if the weather is good, and keeping the window open to allow for ventilation if play dates happen indoors.

For more information on how to talk to your children go to <https://raisingchildren.net.au/>



MUSIC NEWS

Dear Parents/Carers,

As the term draws to a close we would like to extend our best wishes to all families at EBPS. We realise that this is a concerning time and so absence from school is a decision that has been made by parents for the safety of your children.

We will make notes of child's absence and endeavour to make up lessons as soon as possible.

At this stage until further notice Practice Pals [on Monday 8.30 - 9am](#), Cello Ensemble [Tuesday 3.45 to 4.30pm](#) and Extension Orchestra Wednesday 3.45 - 4.30pm will continue to run in the final week of term. We would ask that you promptly pick up your children after the Tuesday and Wednesday rehearsals so that we can all return home as soon as possible. Class Orchestra's will also run in the final week of term.

All additional events at this stage have been cancelled. This includes the proposed Soiree [on Thursday 26th March 2020 at 6pm](#).

Should our school be shut down, we don't at this stage have a way where we are able to give instrumental music lessons via an online platform which may be offered or accessible by some other schools.

I have looked into the Seesaw app which is being used by other staff at EBPS but it doesn't have the capability of live conferencing which is something that is needed in an instrumental lesson. Your child's safety remains the same if we are in or outside school and as such we hope you can understand the position we have taken on this.

We do however believe that music might be a way to pass some time and take your child's mind off the ongoing situation so we will be able to be contacted via email should you need to ask for additional music or suggestions of ways to continue your child's music progress should there be an extended period of time away from school.

The following resources are currently available to all students and we would encourage students to make use of these.

8notes - Music for all instruments you can print or play from computer Username: felicitecheine@gmail.com
Password: MusicRocks2018

Musescore - available for PC, students can write music for all different instruments.

You are also able to access sheet music via the website that other musicians have arranged for different ensembles or instruments. There are a variety of popular music choices that can be downloaded as PDF's. This music can be changed into different instruments as necessary and should your student require assistance with this please don't hesitate to contact me.

Imslp - there is a plethora of sheet music for all instruments. We can make suggestions for your child.

I also have access to the following books as PDF's which I can forward to you:

Fiddle Time Joggers and Runners

Viola Time Joggers and Runners

Cello Time Joggers

Suzuki Books 1 and 2 for all instruments

Should you require any additional music please don't hesitate to contact your child's teacher who would be best to suggest any music that your child might require.

I thank you for your understanding and look forward to working with you and all staff at EBPS through this situation.

Felicite Heine -Instrumental Music Coordinator
felicitecheine@gmail.com



parenting * ideas

INSIGHTS

Leading the way for children during the Coronavirus pandemic



If you're like me, the news of the Coronavirus (COVID-19) pandemic has your head spinning and your heart pumping. That's only natural as life as we know has taken a seismic shift in recent days.

International travel bans, cancellation of sporting and cultural events, shopping frenzies and talk of school closures continue to dominate the airwaves. Terms such as social distancing, self-isolation and social lockdowns have entered our vocabularies and may soon become part of our daily lives.

Coronavirus is having an unprecedented impact on our daily lives, and will probably do so for some time. While keeping ourselves and children healthy and safe is our main concern, it's also essential to address the anxieties of children and young people during these changing times. Here are some ideas to help inform, reassure and keep children and young people safe.

Build on what your children know

Children and young people have already been exposed to a great deal of information about corona virus through media, digital means and direct social contact. Their understanding will vary depending on their age and also the quality of their information sources so you probably will need to help kids process what they already know.

Casual conversations with teenagers and older children can be useful ways to glean their understanding. You could ask questions like "What are you hearing about Coronavirus? Is there anything you're not sure about?" Younger primary age children may need a more direct approach with parents addressing their specific concerns without giving too much information that can overwhelm them.

Check your own thoughts and feelings

Check your own frame of mind and emotions about COVID-19 before talking to kids. Most children are astute mood detectives and they'll gauge their safety by the way you communicate with them. If you tell a child, "You've got to wash your hands or you'll get infected," you are communicating your own anxieties, making it difficult for them to maintain a healthy state of mind. Have a think about how you can frame your instructions and their importance in a way that doesn't heighten your child's anxieties.

Stay informed

It's difficult to work out fact from fiction, correct from incorrect, information from exaggeration when the news is changing so fast. However you need to educate yourself about the virus itself, including how it's transmitted and how to stay safe. Get information from trustworthy sources such as The Australian Government Health Department website and the current federal government corona virus information media campaign.

parenting *ideas

Answer questions truthfully

It's important that parents and teachers answer children's questions honestly in age-appropriate ways and within context of what is happening at the given time. If their sport or hobby has been temporarily cancelled empathise with their concerns, while helping them maintain a sense of perspective.

Initiate positive action

One way to reduce anxiety and allay children's fears is to involve them in planning and preparation for their personal and group safety. Positive activities such as maintenance of personal hygiene, greeting people with an elbow tap and getting plenty of sleep can help restore a sense of control, that is so important for their wellbeing.

Find refuge in rituals

Regular rituals such as mealtimes, bedtime stories and regular one-on-one time provide both an anchor to normality and a sense of connection for kids at times of change. Consider reconstituting favoured family rituals at this time if they have lapsed due to lack of time, or lifestyle frenzy.

Look outwards

In difficult times there is a tendency to look inwards, which is a natural protective strategy. The alternative is to establish a sense of connection and community spirit by focusing on generosity and togetherness. Help children see past their own needs and look for ways to assist others whether it's shopping for an elderly neighbour, helping a younger sibling occupy themselves, or planning an indoor movie night for the whole family.

The Coronavirus presents many practical challenges to parents and other important adults in the lives of kids. Staying calm, keeping informed, and adjusting our own habits are just some of the challenges we face. However a significant challenge is one of personal leadership. That is, during these difficult times we need to be civil to each other, look out for each other and be mindful of the common good in everything we do. In this, we can all take a significant lead.



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.