

## Principal's Report | - 3

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

- \* Drop off / Pick Up Times
- \* School Council
- \* Kiss and Go
- \* Teacher Meetings
- \* Epilepsy Day - 28th March
- \* Sunsmart
- \* Building Stamina
- \* Woodworking Classes
- \* School Bike Shed

\* **IMPORTANT NOTICE - Naplan 2022**

### 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 1-2 (9 days)-  
Tues 1st Mar - Fri 11th Mar

Year 6 Camp - 15th Mar - 18th Mar

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

School Photo Day - Wednesday  
30th March



# 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)

3rd March 2022

Term 1 / Week 5, Issue 3

### 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's hard to believe that, at the end of the week, a month of school has already flown by.

School routines have been established, with the first three weeks of school seeing classes focus on developing relationships and the students establishing the conditions they want to see in their classrooms to promote a positive and productive learning environment.

Our preppies are now well and truly settled into their class groupings and will next week begin attending 5 days per week. The 1 /2's have just started their 9 day intensive swimming program, which the 3 /4's completed last week.

Life at school is developing a beautiful learning rhythm thanks to the combined efforts of our teachers and ES staff as well as parents who are teaching their children the importance of regular punctuality. It is wonderful to see all classes well established in their morning routines as I make my way back into my office after greeting our students and parents at morning drop off. Thank you everyone.

### Drop Off/Pick Up times

Beginning next Monday 7<sup>th</sup> March the following arrival and dismissal times will be in place for the remainder of the term:

	Arrive at school	Pick Up from school
Preps	8:40am	3:15pm
Years 1 and 2	8:50am	3:20pm
Years 3 to 6	9:00am	3:30pm

### School Council

At the end of the nomination period earlier this term, we still had 1 parent vacancy to fill. It remains unfilled today. Since my last advice, another parent casual vacancy (1 year) has become available. I encourage any parent wishing to join this most important group in the life of our school to contact any one of the current members if you have any questions.

**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

### Parent Representatives

Lisa Vance  
Andrew Goldfinch  
Emily Jones  
Helen Woodruff

### DET Representatives

Lee Jellis  
Jill Griffin  
Sue Jackson  
Maria Shearn (EO)

### Kiss and Go

Sadly it appears that we have some parents who are acting less than appropriately in the Kiss and Go area at the front of our school upsetting others who then cannot use the space as it is intended to be used. As I have said many times, this drop-off and pick up point will only work properly if everyone can park their 'me first' attitude and think of others who unlike like them need to move on quickly after dropping their child off safely.

If you use this space, you must not leave your car. If you need to walk your child to the gate, please park elsewhere NOT in the Kiss and Go.

Whilst I have had frustrated parents send me photos of offending cars this week, I am choosing not to publish them in the hope that this message does the trick. Please think of others when using this space.

### Teacher Meetings

Despite COVID restrictions, our teachers aspire to being available to parents as often as necessary and usually will have time at drop off or pick up for a brief chat (Junior classes). I'd ask that if you need to speak to teachers for longer than a minute or two, to make an appointment to see them at a mutually convenient time - all teachers are available via email and/or our preferred method Webex.

Please note that once the children arrive at school, our teacher's priority is settling the children in their class and as such cannot give you their full attention and please also note that after school on Mondays and Tuesdays they have staff/professional learning meetings to arrive at punctually. I thank you for your consideration and understanding in this.



### Epilepsy Day – Wear Purple 28th March

This year Epilepsy Day is on Saturday 26<sup>th</sup> March. At our school we will celebrate our annual 'Purple Day' on Monday 28<sup>th</sup> March. Celebrating this day gives us all an opportunity to recognise the importance of inclusion and diversity and how positively these values can affect our workplace, home life and our communities.

Our student leaders have organised a "PURPLE DAY" to celebrate this event. All gold coin donations will go to the Epilepsy Foundation who do so much good work to improve the lives of people with Epilepsy. Purple Day was founded in 2008, by nine-year-old Cassidy Megan of Nova Scotia, Canada. Motivated by her own struggles with Epilepsy, Cassidy started Purple Day in an effort to get people talking about the condition and to let those impacted by seizures know that they are not alone. She named the day Purple Day after the internationally recognized colour for Epilepsy, lavender.

### Sunsmart

It is fantastic to see that hats are being worn whilst out in the sunshine with little need for reminders these days - thank you to our parents and teachers for your continued support. A reminder though that those UV rays are at their strongest at the end of the day so we strongly encourage hats being worn when coming to and from school - perhaps an extra hat that lives in your child's school bag would do the trick.

### Building Stamina

The past two years has taken an enormous amount of energy from everyone, as we bounced between lockdowns and adapted to the constantly changing conditions. Tiredness causes a decrease in self-regulation and we are seeing this in the way some of our students are behaving toward each other in the yard.

Our focus over the past few weeks has been on re-teaching students how to monitor and respond to their own emotions, how to work cooperatively and how to respectfully let another student know when they are doing or saying something that is not respectful.

It has been incredibly pleasing to note that restorative chats with students who have experienced some difficulty in the yard have been reflective, with students being open to understanding the impact their behaviour has had on others. The best learning occurs when students take responsibility for their actions and are open to putting self-regulation strategies taught in the classroom into practice in the yard.

*Continued next page.....*

## Principal's Report - Maria Shearn

Having said that, it has been most heartening to see those who love being at school even more enthusiastic, and their positivity rubbing off on their friends. Students have participated actively in the wellbeing programs already introduced in their classrooms

Our focus on wellbeing is vital to overall health, not to mention, increasing the ability to concentrate within the classroom. 'Wellbeing is linked to improved academic achievement, enhanced mental health and responsible life choices.' <https://studentwellbeinghub.edu.au/educators/about-wellbeing>

### Woodworking Classes

It was lovely to welcome back onsite our volunteer woodworking teacher Michael Zeeng, whose program for selected senior students began today. The students involved can practice many required life long social and technical skills under Michael's patient tutelage. Their efforts culminate in several finished products; some for themselves and others for our school environment. I am looking forward to watching everyone's progress.

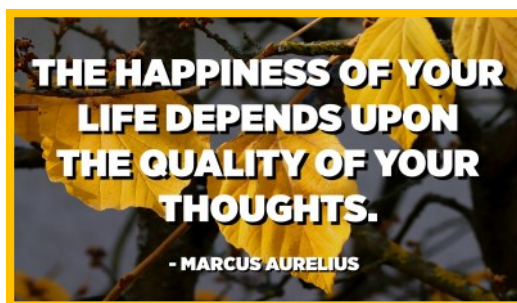
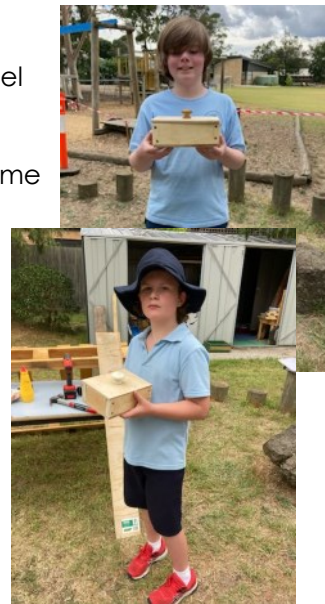
### School Bike Shed

Please remember that bikes/scooters are only locked in the bike shed during school hours.

We unlock it at the end of the day for children to take their bikes then leave it unlocked overnight.

If for some reason your child does not or cannot take their bike/scooter home - it must be taken out of the bike shed and moved indoors into one of our school buildings - so it's secured overnight.

Thought



Until next time - Maria Shearn Principal 😊

## \*\*\* 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](mailto:susan.jackson@education.vic.gov.au)



**PURPLE DAY**  
**FOR 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 28<sup>th</sup> March  
(26<sup>th</sup> March is a Saturday)

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



## Parent Information

### Literacy @ East Bentleigh PS

Each week the mainstream preps learn two new letters. We do lots of hands on activities to engage students in their learning and to have fun! This week we were using shaving cream and playdoh to practice forming our focus letters!



**Stewart McCallum - Classroom Teacher Prep M**

## MUSIC NEWS

Dear Parents/Carers,

### SINGING LESSONS

Singing lessons are starting! We have a wonderful teacher, Lisette Bolton who will be joining us on Wednesday's afterschool from 3:30pm. If you would like your child to take lessons please contact her directly: [lisette.bolton@gmail.com](mailto:lisette.bolton@gmail.com)



### GUITAR & PIANO with Matt!

Matt Moras is teaching on Wednesdays and Thursdays during school.

If you would like your child to take lessons please contact him directly: [matt.moras@me.com](mailto:matt.moras@me.com) OR [mattmoras@gmail.com](mailto:mattmoras@gmail.com)

Again if you have any question regarding the program don't hesitate to contact me:

**[Felicite.Heine@education.vic.gov.au](mailto:Felicite.Heine@education.vic.gov.au)**



## Maths at EBPS



### The Maths Proficiencies

The Mathematics Proficiencies are the foundational skills that good mathematicians develop.

There are 4 proficiencies:

- **Understanding:** building a robust knowledge of adaptable and transferable mathematical concepts (*knowing how to achieve a mathematics skill*)
- **Fluency:** skills in choosing appropriate procedures; carrying out procedures flexibly, accurately, efficiently and appropriately; and recalling factual knowledge and concepts readily (*quickly and accurately completing mathematics skills*)
- **Problem Solving:** developing the ability to make choices, interpret, formulate, model and investigate problem situations, and communicate solutions effectively (*an ability to use a range of mathematics skills to solve a mathematics problem*)
- **Reasoning:** develop an increasingly sophisticated capacity for logical thought and actions, such as analysing, proving, evaluating, explaining, inferring, justifying and generalising (*an ability to explain why / why not*)

At E.B.P.S, Foundation to Grade 6 teachers develop students mathematics proficiencies in many ways through:

- explicit teaching to develop understanding and fluency
- using manipulatives to develop understanding
- multiple exposures to develop fluency
- maths investigations to develop problem solving skills and reasoning
- open ended tasks to develop problem solving skills
- maths-talk to develop reasoning

If you want more information about the maths proficiencies, please have a look at the link below:

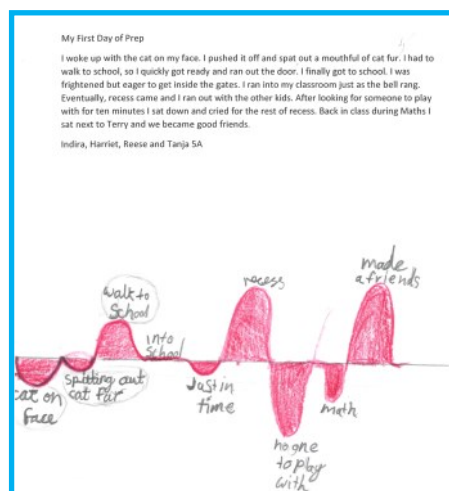
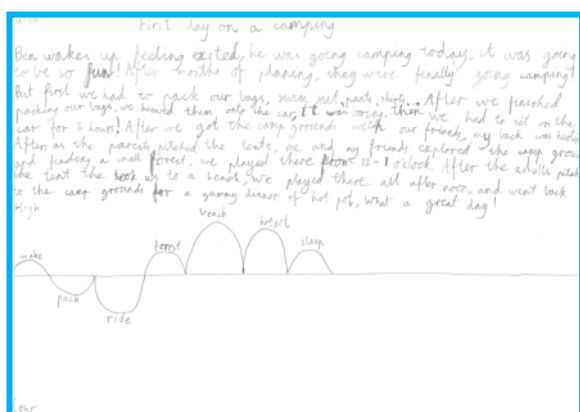
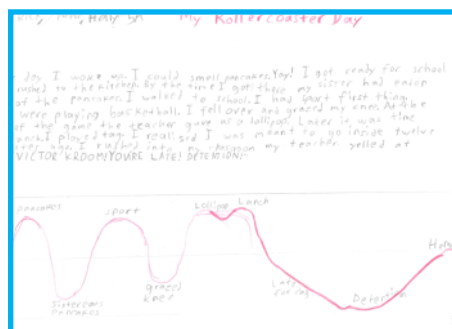
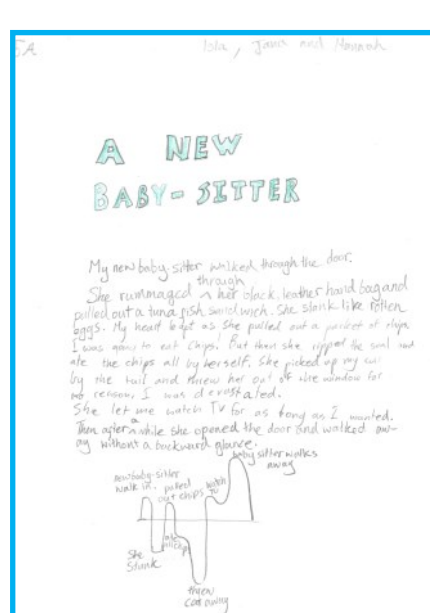
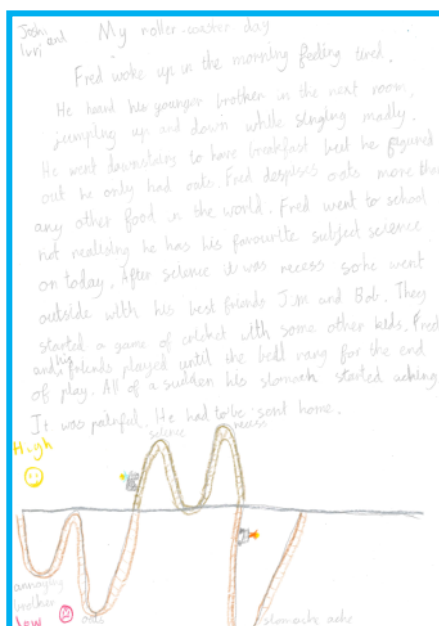
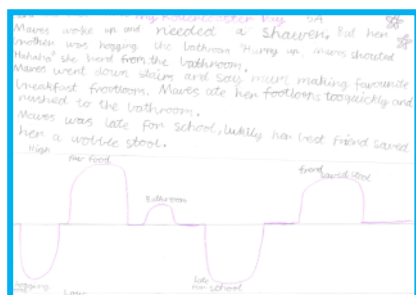
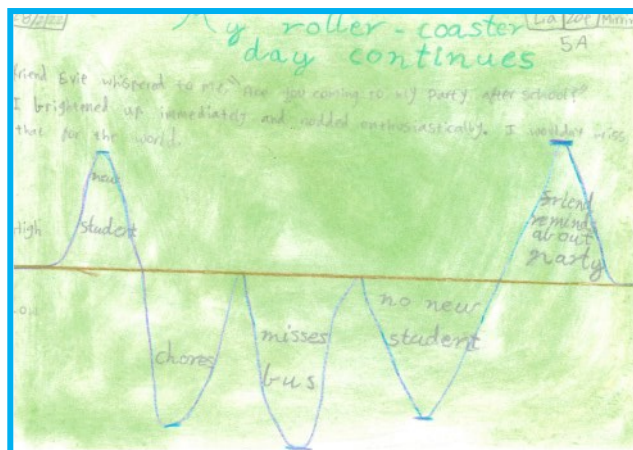
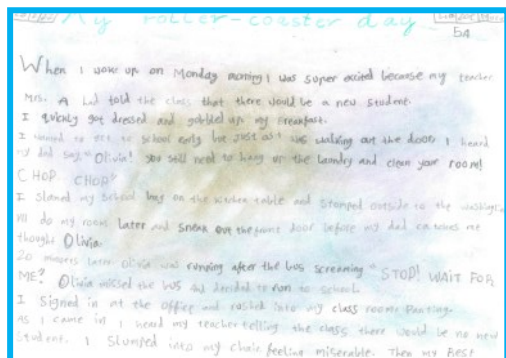
[Mathematics proficiencies | The Australian Curriculum](#)



## Parent Information

## Wellbeing @ EBPS

During wellbeing sessions 5A have discussed how emotional responses influence behaviour. Sometimes we can experience a range of positive, negative and mixed emotions and students have been able to identify triggering events or situations that can lead to particular emotional responses. Students have widened their emotions vocabulary, recognised that emotions can vary in intensity and that in any single day someone might experience changing emotions and changing intensity of emotions. Here are a few short stories developed by some 5A students to show what a 'rollercoaster' day might look like.



**Anna Pititto - Class Teacher 5A**



# GARDEN NEWS

Already in term 1, gardening students have transformed our school into a bounty of autumn plantings after harvesting plums and nectarines. Grapes are ripening on the vine, we have a new Berry patch of blueberries, red currants and black currants under the mulberry tree. Students gave tenderly planted fields of brassicas (cauliflower, broccoli, cabbage) in the summer sun and protected them from cabbage white butterflies with nets as we anticipate a bumper winter harvest. Grade 5A have added sweet potatoes, lemongrass, Vietnamese mint and curry trees to our tropical garden, as they begin this term to explore India.

Year 3s have shown gentle respect when meeting the chickens up close for the first time. Unfortunately last day of holidays we lost our favourite chook Cholita who liked to explore the garden. People use our school grounds out of school hours as a dog off leash Park, and 4 dogs formed a pack and killed her near the kindergarten. Our school is a dog free zone, to protect our students and staff (some who fear dogs), our wildlife, our resident pets and our beautiful garden spaces from harassment and dog waste. Please leave your dogs at home when picking up your children, or choose to use the dog off leash Park at the other end of Bignell Road. And please spread awareness so our school stays a safe place for all.

This week in all my garden classes, I've been passing on learning and knowledge I've been gifted from First Peoples and Traditional Custodians at a recent conference in Balnarring (Boonwurrung country).

**N'arweet** Carolyn Briggs, tribal leader of the Boonwurrung people, was pleased to know we had planted indigenous plants for a biodiversity corridor at our school, and reminded me of the importance of following **Bunjil's** law (protect the **biik** (land), **baany** (water) and **bubup** (children)). Aunty Fay Stuart-Muir another Boonwurrung elder instructed me to teach the **bubups** (children) deep listening to **biik** (country). Uncle Lionel taught me more about bush foods and medicines and how special Boonwurrung country is. Did you know that this part of Australia is second only to the Daintree rainforest in terms of the vast amount of bush foods in the bush? Our gardening classes will continue our learning of deep listening to country, so we can be better custodians and live in a healthier, kinder, more sustainable world.

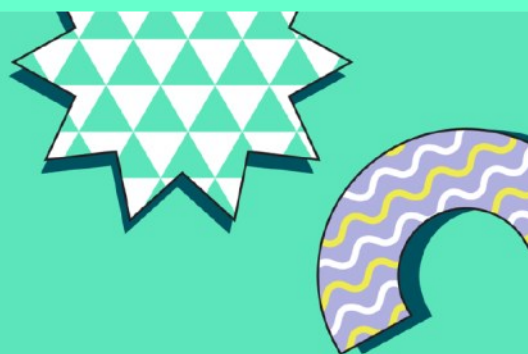
Pascale Jacq  
Garden Specialist







# Newsletter



Book now



Get excited about all different artforms and use your creativity to channel emotions. Plus, enter the



### A message from your Coordinator

Dear families and school community,

Weeks 3 and 4 consisted of the preps settling well into our program, routines, and choice of indoor and outdoor activities. They have formed new friendships with the older children, and they have been supporting them in all ways from reading stories to guiding them in various activities. We focused on friendship and space themes these past two weeks. Children made DIY beaded bracelets, necklaces, and Hama bead creations to take home. Additionally, there were many child-initiated activities these weeks which were led by the preps and these included setting up a pool for the dinosaurs, designing Minecraft armours from recycled cardboard boxes and making edible playdough by incorporating special blends of spices and sparkling glitter. Space theme week was also a blast as children enjoyed making and painting planet models out of Styrofoam balls as well as creating moon sand in various shades of red and blue. We also baked chocolate cupcakes as part of our weekly cooking activity.

The next 2 weeks programs will see most of the activities planned around sustainability/gardening and construction themes.

Thanks,  
Simi Maduri  
and Nidhi Srivastava



#### Activities coming up

- DIY Pet barn with recycled boxes
- Recycled flower garden activity
- Hand puppet craft- farm animals

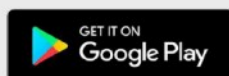


#### What's on the menu

- Mini pizzas with cheese and veggies
- Wholemeal sandwiches with spreads
- Spaghetti with sauce and toast

### It's free to register

To attend our program, you must register your child. You can register an account with us at [pp.campaustalia.com.au](http://pp.campaustalia.com.au) or by downloading our Camp Australia smartphone app from the Apple App Store or on Google Play. Once registered, it's easy to make bookings and manage your account.



#### Visit our blog

New articles are added each week for parents and cover various topics to help families.

Visit our blog

parenting \* ideas

# insights

EMOTIONAL INTELLIGENCE

## Help kids develop impulse control

by Michael Hawton



How many of you have been in a situation where, after being on a diet for a few days, a colleague comes to work selling chocolates for a fundraiser? Do you give in and buy a chocolate? It's for a good cause after all. Or do you resist?

Austrian psychologist Walter Mischel conducted an experiment in 1965 involving four-year-olds and marshmallows. Mischel invited individual children into a room where a marshmallow was on the table. The man who brought the child into the room explained that he had to step out for a couple of minutes and if the child wanted to, he or she could eat the marshmallow. However, if the child could wait until the man returned before eating the marshmallow, they would be given an extra marshmallow – so two instead of one. Sure enough, some children couldn't wait and ate the marshmallow before the man returned, while others were able to resist the temptation in order to earn the reward.

Mischel followed the subjects of his experiment into adult life. He discovered that those who had displayed the ability to delay gratification as young children grew to be more socially competent, self-assertive and dependable. And they performed better at school.

Other studies have shown similar results: individuals who had self-control when young later do better on a whole range of variables.

Mischel initially believed that the ability to delay gratification was a result of a certain personality type. However, in a subsequent study with Albert Bandura, Mischel placed children who had not shown the ability to delay gratification in contact with adult role models who demonstrated some delaying tactics. The adults engaged in some kind of self-distracting activity or put their heads down for a nap. The children who observed these adults later showed the ability to delay gratification themselves. That is, they had *learnt* the ability to resist temptation from their experience with the adult role models.

### **Impulse control is a skill**

The implications for parents are clear. If our children display characteristics such as impulsivity, we can help them learn more beneficial ways to deal with the world. Parents can role model the appropriate behaviours and talk to their children about the strategies they used.

# parenting \* ideas

Two main factors seem to influence the ability of both children and adults to delay gratification. Both are more likely to delay gratification if they trust they will eventually get the better reward. That is, they will be more inclined to hold out if they believe the person or organisation that is offering the reward is likely to follow through.

Second, people will generally only display delaying behaviours if they have the skills to turn what might be tedious waiting time into a more enjoyable (or at least tolerable) time. In the original experiment, children who delayed eating the marshmallow showed a range of behaviours including turning their chairs away from the table, singing, inventing games with their hands and feet and talking to themselves to help them pass the time.

### **Emotional intelligence is the key to impulse control**

Parents can help younger children delay gratification by distracting them. Many parents find themselves doing this instinctively. When four-year-old Holly nags for snacks just before dinner, they give her a job to do. However, be aware that children younger than about four generally haven't yet developed the parts of the brain that allow them to delay gratification of their own accord.

Older children need to learn how to distract themselves by redirecting their emotions. This is more likely to happen if children understand that emotions don't always need to be acted upon. Older children who are able to focus on the bigger picture will be able to make choices that allow them to achieve their goals.

In the book *Influencer*, the authors contend that many social skills, including the ability to delay gratification, can be learnt. This is good news for most of us! They maintain that while we accept that practice improves performance in sport, music and technical areas, few people would think to practice the skills needed to delay gratification, be a better team member or to negotiate with a boss. However the authors say we should. They claim that with the right kind of practice, we can all learn to be more socially competent.



## 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](mailto: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](mailto:Dylan@thsc.com.au)



## Advertising

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**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!

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

**AND MOMS MEET!**

**\$50 for Short Day / \$55 for Long Day  
\$35 for Wednesday night camp**  
[www.illustrating-man.com.au](http://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](http://bookings@cartoonkingdom.com.au)  
[www.illustrating-man.com.au](http://www.illustrating-man.com.au)  
Mail: Suite 2, 29 Newland Street, Bondi Junction 2022

**CARTOON KINGDOM**  
**HOW TO BOOK**

- Go to our site: [www.illustrating-man.com.au](http://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

POWERED BY **AIA Vitality**

**Opening from 7th of March 2022**

Supporting the holistic health and wellbeing of the community. Community programs, swimming lessons, mental health services and more.

[www.dannyfrawleycentre.com.au](http://www.dannyfrawleycentre.com.au) [DANNYFRAWLEYCENTRE](https://www.facebook.com/dannyfrawleycentre) [f](https://www.instagram.com/dannyfrawleycentre) [i](https://www.instagram.com/dannyfrawleycentre)