

Principal's Report | – 3

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

- * Facilities / Capital Works
- * School Council Elections
- * Punctuality
- * Parent Communication
- * Information Evenings/Interviews
- * Student Free Day
- * EBPS School Vision
- * Thank you
- * Sunsmart
- * Staff Car Park & Drop offs
- * Welcome to 2020 BBQ
- * School Uniform
- * Volunteers - WWC Cards
- * Contact Information
- * Accidents and Accident Cover

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.

Diary Dates

- Friday 7th Feb - 5/6 Sport - Lightning Premiership
- Monday 10th Feb - SCHOOL COUNCIL MEETING 7pm
- Tuesday 11th Feb - WELCOME TO 2020 BBQ 5-7PM
- Wed. 12th Feb - Walking Bus begins - 8:30am
- Thur 13th Feb - Thursday Community Market starts
- Fri 14th Feb - School Assembly 3pm
- Mon 17th Feb - Fri 28th Feb - Yr 3-4 Swimming Program
- Tues 18th Feb - Yr 3-6 Swimming Trials Carnegie Pool 7:45am
- Sat. 22nd Feb - BENTLEIGH FARMERS' MARKET 8am
- Monday 24th Feb - STUDENT FREE DAY - Teacher PD
- Tues 25th & Wed 26th Feb - Information Nights / Interviews
- Mon 2nd Mar - Fri 13th Mar - Yr 1-2 Swimming Program
- Tues 3rd Mar - MPSSA Swimming Carnival Yr3-6
- Mon 9th Mar - LABOUR DAY PUBLIC HOLIDAY
- Monday 9th Mar - SCHOOL COUNCIL MEETING 7pm
- Wed 18th Mar - Fri 20th Mar - Year 3 Camp WOMBAT CORNER - Emerald
- Fri 20th Mar - RIDE2SCHOOL DAY
- Wed 25th Mar - SCHOOL PHOTO DAY
- Thurs 26th Mar - Easter Bonnet Parade 9am
- Fri 27th Mar - LAST DAY TERM 1 - 2:30PM finish



East Bentleigh Primary School

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

6th February 2020

Term 1 / Week 2, Issue 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,

Welcome all to our first full newsletter of the year. Your children and their teachers are settling well into the routines of school, with specialist classes having started this week. Our 3 Foundation classes are so settled it looks like they've been at school for ages, not the few days they have been. Our new building continues to progress. More about that later. Our Year 3's participated in their very first kitchen and garden classes this week; with our Steiner Year 3 students beginning their journey as budding musicians next week.

We are delighted to welcome all our new staff to EBPS in 2020 – Ellie Dennis (Grade 3D), Bill Portelli (Grade 4P), Melinda Cole (Class 1C), Lara Brennan (Class 3L), Monica Younan (Class 4M) and last but not least Carmen Higgins who will teach all our students French. We also welcome a number of new students across all levels throughout the school. Starting at a new school is like any new job – there are so many new procedures, timetables, school rules and meetings to attend that it can be overwhelming during the first few weeks.

All of our new staff members have commented on how welcoming all our families have been and are very excited to be working here at EBPS. We know that our warm EBPS community will have you all feeling at home in no time.

Our Year 6 students return to school today after spending the last 4 days at the Phillip Island Adventure Camp. I visited on Wednesday, a beautiful day weatherwise to be greeted by excited children in the midst of their activities. See next week's bulletin for a report. As you can see from this short report, there is always a lot going on at EBPS.

Facilities/Capital Works Progress

Much work was completed throughout the school holidays on our site which made it a 'no go' zone for a number of weeks, giving us some anxious moments in the week before school started with much of the outside still dug up with very limited access. We had 3 redundant oil tanks removed - 2 on the southern side of the main block and 1 on the northern side; stormwater drains were inspected and flushed out with many tonnes of rubbish removed; the roof on the main building was repaired (just in time for our recent downpours); the services to the new building were finally completed; a new pathway was laid on the northern side of Block A and work continues apace on the inside of our new building. We had a site walk on Tuesday after our fortnightly meeting with the architects and the VSBA and it was really interesting seeing the internal shapes of the various rooms taking shape there. It will certainly be a beautiful space once complete.



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 Elections Last Monday every school family will have received a Notice of Election and Call for Nominations' letter regarding school council elections. We have 3 Parent member vacancies that we need to fill. All nominations need to be lodged at the school office by **4:00pm on Friday 14th February**.

Role of School Councillors: School Councillors currently play an important role in decision making and management of our school. They donate many hours to the sub committees of Council; Finance, Education and Policy, Facilities, Uniform, Communication, Fundraising, Publicity, Farmers' Market and Grants. Councillors belong to at least one subcommittee; they also attend monthly council meetings.

Punctuality - How does being late for school impact on your child's learning?

Good punctuality **and** consistent attendance is essential for all children if they are to achieve their full potential academically and develop employment and life skills. Children arriving late to class often miss important learning opportunities as well as messages and information. Students who arrive late to lessons are likely to miss the teacher's introduction when the aims of the lesson and learning objectives are explained and task instructions given. This hinders the child's understanding of the lesson and affects progress. In all cases, a child arriving late interrupts the lesson, disrupting teaching and learning for **all**.

At EBPS each morning at 8:50am music will play over the loudspeakers. This is **everyone's** cue to make their way to their class's designated line up area. Teachers will meet their class by 8:55am and will immediately bring their classes inside, where children will be ready for instruction to begin promptly at 9:00am. Children's class time at school is precious as I'm sure you will agree, so I urge you all to support our efforts to maintain punctuality at our school. Please understand if your child's teacher can only have a brief chat to you in the morning as their first focus is to bring the class together.

At recess and lunch break times the music will play at the 5 minute mark in order to 'cue' the children to make their way promptly to line. At the end of the day, class teachers will escort their classes out to their designated area ready to be collected by parents. Please do not come into the corridors to wait outside your child's classroom. Congestion inside is unsafe as well as very disruptive to children still inside classrooms and makes orderly movement by classes returning to their rooms very difficult.

Check out the Parenting article further on in this newsletter to see a checklist on how you can help your child or children be on time. Your child's future depends on you helping them to develop healthy life long habits.

Parent Communication For new parents to our school I will explain the difference between a bulletin and a newsletter. A fortnightly **newsletter** is produced every alternate Thursday. This newsletter outlines past and future happenings in the school in an attempt to keep parents informed as fully as possible about what is happening at our school. On alternate weeks a briefer news **bulletin** is distributed. All these communications will include a term calendar which is updated regularly.

In order to be waste-wise we send our newsletters/bulletins out electronically via email with a link which directs families to our school website. This method has the advantage of ensuring newsletters don't get lost on the way home.

A small number of paper copies of the newsletter will be available from the office. Please let us know if you wish to receive a 'hard copy'.

Reading our weekly communication will help to keep you informed and it will answer many of your questions. We are frequently phoned and asked questions that would not need to have been asked if the school's communications had been read. **It is a parental responsibility as a partner in your child's education that you make yourself aware of what is going on by reading the newsletters.**

In our newsletters, I frequently write about important things for parents to remember and / or make some requests for help. Much time and effort goes into the production of this communication tool so I urge you all to take full advantage of it. Should you have the need to contact me directly on any matter and you can't make it into school my e-mail address is: shearn.maria.d@edumail.vic.gov.au

Information Evenings/Interviews These will commence in **Week 5**, the week beginning on 24th February. A notice will be coming home soon to advise you about which night your child/ren's class Information Night/Interviews will be on. Please make this a priority, as teachers will outline more fully their plans and expectations for the year.

Student Free Day Our first student free day is on Monday 24th February. On this day teachers will participate in a '6 Traits of Writing' day long workshop to deepen their understandings of the teaching of writing across the school - one of our priority areas in our school strategic plan.

EBPS School Vision It is worth remembering our school vision at this time - (It is printed at the top of each of our newsletters /bulletins). It is this vision that drives our staff at EBPS each day in the work that we do with your child/ren. East Bentleigh PS is blessed with a committed and hardworking teaching team, well supported by our caring support staff.

Principal's Report - Maria Shearn

Thank you I would like to thank the many people who worked hard over the holiday period to ensure our school was ready for our start this year, people who watered our gardens regularly; mowed lawns; those who helped to prepare classrooms and lastly but by no means least the teachers, many of whom spent many hours of their holiday time preparing their rooms and programs for our first day.



Sunsmart Please help your child to be **sunsmart** by making sure she/he has their sunsmart hat at school. Children who do not wear their hats will be directed to remain on the hall deck for the entire break time. Hats can be purchased at the school office for \$10.00.

Staff Car Park/ Dropping Children Off The second reminder is about dropping children off and / or picking children up out the front of the school. There are times and areas where you may park, and there are times and areas where you may not. If you need to stop even for only ten minutes, it is a good idea to park in one of the local side streets or at Moorleigh Community Centre next door. We have a specially marked **Kiss and Go** area at the front of the school - for parents who do just stop, drop off and then move off again (all under 2 mins). Please do not use up these spaces - for parking and leaving your car - as this is not allowed, for one thing you could be booked, for another it is not fair to those people who are in a hurry. **Also please remember that the staff car park is for staff only - it is not a dropping off or picking up area as children are not allowed in the staff car park - for safety reasons.**

Welcome to 2020 BBQ A reminder that we will be holding a Welcome BBQ/picnic dinner on **Tuesday February 11th from 5-7pm**. BYO picnic rugs/baskets etc- we will supply the sausages/vegie burgers (for a gold coin donation). All are welcome.

School Uniform A reminder that all children are expected to attend school in **correct** school uniform on all days unless advised for a special event. A copy of our uniform policy is available on our website. The uniform shop opens regularly on Tuesday mornings and Thursday afternoons. Please don't hesitate to speak to either Jane or Ann should you have any questions.

Volunteers Welcome We are always in need of parents (or grandparents etc.) with time to help in our school - either as garden and kitchen helpers, literacy support, gardening group, Farmers' Market etc. Each newsletter we will be asking for help with something, so if you can't help right now perhaps you can later on. In particular - we will be needing volunteers to assist with our upcoming swimming program for the Year 1 to 4's. Thank you to all the wonderful people who have already offered to help with dressing the children after their swimming lesson etc.

Please note: As of this new school year - in order to be compliant with our Child Safe obligations -

ALL school volunteers will be required to have a Volunteer - Working With Children card. Please log onto <https://www.workingwithchildren.vic.gov.au/individuals/applicants/things-you-need-to-know> to apply for a 'Volunteer' Working with Children Check. There is no cost involved when applying for the Volunteer card. Please come and chat to me if you have any further questions.

Contact Information Parents please let us know if any information about home/mobile phone numbers, work phone numbers or emergency contact numbers have changed. It can be very frustrating to try to contact the parents or the person / people listed as the emergency contact/s when children are ill at school only to find the numbers we are ringing are no longer correct.

Accidents and Accident Cover Children will always have accidents. As much as we try to prevent them, they are an unfortunate fact of life. It goes without saying that as parents you will be most concerned about your child/ren's wellbeing and recovery. Whilst most medical costs are refundable by Medicare, it can come as a nasty shock when some bills arrive, that some expenses are not covered by Medicare or private medical insurance. For example, did you know that if an ambulance is called for your child, that you the parent must meet the expense if you do not have membership? Ambulance membership is paid by many families as part of risk management for their families.

Children's Accident Insurance is also an attractive option for their families. With some of these schemes children are covered 24 hours per day anywhere in the world, not just while they are at school.

The Department of Education does not hold accident insurance for school students.

DET has provided the following information to share with our families: Student accident insurance policies are available from some commercial insurers.

These cover a range of medical expenses not covered by Medicare or private health insurance. Whilst DET cannot advise you on whether to purchase a student accident policy or which policy to purchase, it is recommended that you seek assistance in this matter with your insurance broker or find a suitable personal accident insurer in the Yellow Pages or online.

Please note: School Assembly will now be on Fridays at 3pm each week - starting Friday 14th Feb.

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

**NO ACT OF
KINDNESS,
however small,
IS EVER
WASTED.**

Aesop



PRIMARY SCHOOL PRIVACY INFORMATION for parents and carers

During the ordinary course of your child's attendance at our school, school staff will collect your child's personal and health information when necessary to educate your child, or to support your child's social and emotional wellbeing or health in the school context. Such information will also be collected when required to fulfil a legal obligation, including duty of care, anti-discrimination law and occupational health and safety law. If that information is not collected, the school may be unable to provide optimal education or support to your child, or fulfil those legal obligations. For example, health information may be collected through the school nurse, primary welfare officer or wellbeing staff member. If your child is referred to a specific health service at school, such as a Student Support Services officer, the required consent will be obtained.

Our school also collects information provided by parents and carers through the School Entrance Health Questionnaire (SEHQ) and the Early Childhood Intervention Service (ECIS) Transition Form. Our school may use online tools, such as apps and other software, to effectively collect and manage information about your child for teaching and learning purposes, parent communication and engagement; student administration; and school management purposes.

When our school uses these online tools, we take steps to ensure that your child's information is secure. If you have any concerns about the use of these online tools, please contact us. School staff will only share your child's personal or health information with other staff who need to know to enable the school to educate or support your child, or fulfil a legal obligation.

When our students transfer to another Victorian government school, personal and health information about that student will be transferred to that next school. Transferring this information is in the best interests of our students and assists that next school to provide optimal education and support to students. In some limited circumstances, information may be disclosed outside of the school (and outside of the Department of Education and Training). The school will seek your consent for such disclosures unless the disclosure is allowed or mandated by law. Our school values the privacy of every person.

When collecting and managing personal and health information, all school staff must comply with Victorian privacy law. For more information about privacy including about how to access personal and health information held by the school about you or your child, see our school's privacy policy: <https://www.education.vic.gov.au/Pages/schoolsprivacypolicy.aspx> Throughout this notice, 'staff' includes principals, teachers, Student Support Service officers, youth workers, social workers, nurses and any other allied health practitioners and all other staff at our school. This includes employees, agents and service providers (contractors) of the Department, whether paid or unpaid.

Literacy Corner

It's been a wonderful start to the year with many students sharing amazing books they read over the summer or sharing personal experiences in class conversations. What a wonderful way to start forming ideas for our own writing! This year in writing, every class will be introduced to The Six+1 Traits of Writing. You might hear your child speaking about these concepts at home as they are introduced slowly into each class. But what are the Six+1 traits of writing? These are traits that authors use to up level their writing to create memorable and inspirational pieces.



The traits include:



Ideas - the main message

Organisation - the internal structure of the piece

Voice - the personal tone and flavour of the author's message

Word Choice - the vocabulary a writer chooses to convey meaning

Sentence Fluency - the rhythm and flow of the language

Conventions - the mechanical correctness

Presentation - how the writing actually looks on the page

Over the year we will be publishing writing from students across the school to celebrate different aspects of these traits. We have so many talented young writers at this school. A quote from Stephen King sums up writing, particularly with children perfectly-

"At its most basic we are discussing a learned skill (writing), but do we not agree that sometimes the most basic skills can create things far beyond our expectations? We are talking about tools and carpentry, about words and style... but as we move along, you'd do well to remember that we are also talking about magic."

Amanda Kershaw and Jill Griffin – Literacy Coordinators

Maths at Home



Did you know one of the best ways to help your child with their mathematical development is to promote conversation at home? Mathematical talk every day is just as fundamental as reading with your child each day. Looking for maths in activities at home is a great way to start, such as asking your child to help with measuring for cooking or looking for shapes in the environment around you.

The Victorian Government has many useful resources to support you with this at home. Advice from DET Numeracy Guide:

- * be positive about their numeracy experiences and praise effort and perseverance
- * let your child know that everyone can be successful
- * seize everyday opportunities to capitalise on numeracy development
- * involve your child in numeracy-related activities
- * describe what you are doing in situations that involve numeracy
- * explain why you make certain numeracy choices
- * explore numeracy with your child
- * learn alongside your child and encourage a sharing of numeracy ideas and thoughts.

For more information and further support visit:

<https://numeracyguidedet.global2.vic.edu.au/numeracy-at-home-how-can-i-help-build-my-childs-numeracy/#>

Laura Siu & Jenny Small - Numeracy Coordinators

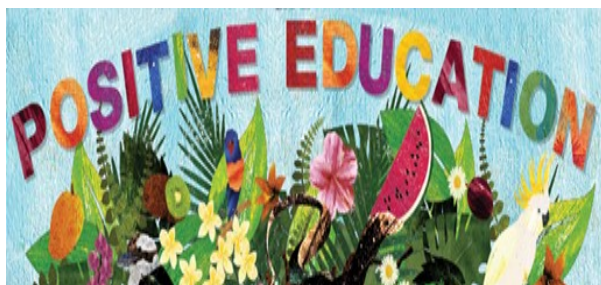


Wellbeing at East Bentleigh P.S.

Positive Education/Respectful Relationships/Restorative Practices

These are the three components under which Student Wellbeing policies and programs are developed and practised at East Bentleigh Primary School.

Over the next few newsletters each of the three components will be explained.



Positive Education is a strand of Positive Psychology. It involves the application of wellbeing science into educational settings, with the aim of creating flourishing students, staff and whole school communities.

It has also been defined as the study of the strengths and virtues that enable individuals, communities and organisations to thrive.

Evidence indicates that teaching positive psychology concepts and skills to children can have an enduring and positive influence on their lives. (Seligman et al., 2009).

Positive Education is based on a model developed by Martin Seligman et al. It is known as the **P.E.R.M.A.H.** model. The model's acronym is representative of the following areas...

POSITIVE EMOTION

Experiencing a broad range of positive emotions and developing skills and knowledge to anticipate, initiate, experience, prolong and build positive experiences

ENGAGEMENT

Promoting complete immersion in activities through understanding the nature of engagement, the pathways to it and the function it has in individual wellbeing

RELATIONSHIPS

Increasing social and emotional skills in order to create and promote strong and nourishing relationships with self and others

MEANING (positive \purpose)

Understanding, believing in and serving something greater than yourself and deliberately engaging in activities for the benefit of others

ACHIEVEMENT (positive accomplishment)

Developing individual potential through striving for and achieving meaningful outcomes

HEALTH

Practising sustainable habits for optimal physical and psychological health that are developed from a sound knowledge base

A positive education program includes:

- * Activities that help develop positive emotions, such as gratitude, interest, hope and pride. Activities, such as mindfulness, to develop awareness of both inner and outer environments
- * Activities and structures that promote flow and a high level of engagement in school, social and community life
- * A focus on creating an awareness of individual strengths in the self and others. Understandings and skills to promote inclusion and acceptance
- * Projects that enable students to engage in a meaningful life, by being of service to something other than the self
- * Activities to develop an understanding of and promote a 'growth mindset.' Recognition and awareness of the positive achievements of the self and others
- * Habits and practices that promote a healthy emotional and physical lifestyle

Next Newsletter... Resilience, Rights & Respectful Relationships

Lee Jellis - Student Wellbeing Co-ordinator

Music News

Dear Parents,

Welcome back to Term 1 2020. As always the beginning of the year has a certain buzz as students come back refreshed and ready to engage with their studies for the new year.

By now all our music staff should have been in contact with you about your child's lessons.

If this is not the case please make sure to email me felicitecheine@gmail.com and I will chase this up for you.

STAFF

Again we welcome back our wonderful staff of Jonathan, Molly and Ben and we welcome to our team Jack Cross.

Jack is a soon to be Honours Graduate from the University of Melbourne.

He will be teaching Violin and Viola at East Bentleigh P.S. this year.

I am immensely proud of our team and it is wonderful to work with my colleagues both at school and outside school in various performances.

We are still offering Piano and Guitar with Matt. Matt will be teaching on a Wednesday this year.

If you would like to enrol your child in Piano or Guitar lessons please get in contact with him directly matt.moras@me.com

NEW BUILDING

As the completion of the new building approaches so too is our planning of what might come next in terms of offering various other instrument choices to our families at East Bentleigh P.S. as well as setting up our spaces to inspire students with their music studies and creativity.

At this stage we are planning on offering a wider selection of instruments in 2021 when the building has been lived in and we look forward to providing these experiences for your children.

EXTENSION ORCHESTRA

East Bentleigh P.S. Extension Orchestra is an external program which runs on Thursday afterschool for string students learning in and out of school.

This is an auditioned ensemble and auditions will be held in Week 3 on Tuesday 11th February @ lunchtime from 1.10pm.

Students will need to prepare a piece of their choice and there will be sight reading (unprepared music) to gauge individual skill.

Students are not automatically entered so we please ask that parents and students consult with their individual music teachers to see whether this would be a suitable ensemble for your child.

I know there is a great deal of excitement following last year's amazing performances and I cannot wait to see who auditions for 2020.

CELLO ENSEMBLE

Jonathan runs Cello Ensemble afterschool on Tuesdays 3:45 – 4:30. This is for all interested Cello Students even Class 3's that have just begun their studies. This runs in the Hall. If you have any questions regarding this ensemble contact Jonathan directly on jonathan.tosio@gmail.com

Looking forward to an excellent year of Music Making!

Felicite Heine - Instrumental Music Coordinator



GARDEN NEWS

Welcome back to the kitchen garden, and a big welcome to all the new students and year 3s! It's so exciting to meet a new eager crew of gardeners joining our experienced team!

Holiday care

A big thank you to all the families who helped mind our animals over the holidays, keeping them well fed and watered and safe even in the wild weather. All animals thrived and the stick insects have tripled in size thanks to Connor's expert care. We are so lucky many families have volunteered to continue minding our chooks and ducks on days I'm not teaching. We are so grateful for this generous time and devotion.

Donations

A big thank you to a community resident Len and his friend Nick Staikos (local MP) and his team for the donation of a tumbling composter and wheelbarrow. We're making great use of these two tools in our kitchen garden already. Another old wheelbarrow donated to the school which belonged to a student's grandfather has a new life in our chicken yard - freshly planted as a chicken salad bar.

2020 focus

This year in gardening we are focusing on two important phrases: "showing respect," and "slowing down". Our first classes have been incredible with the students' conscious adoption of these approaches in all they do. We've collected seeds, pollinated pumpkins, sown and planted autumn crops, and harvested and cooked some bush tucker (Warrigal greens).

See you in the garden!

Pascale - Garden Specialist



Hello everyone,
Welcome back to Term 1 of 2020. At Camp Australia we are so excited to get into the new year of fun and creative activities. Due to prep's finishing at 2:30 for the first month of term 1, Camp Australia will be supervising from this time, as well as preps being walked to and from their classrooms.
We have got some great new topics to explore in our before and after school care program this term. These range from science week, friendship week, robot week and 'get to know me' week. If you are wondering about service or have any questions, you are more than welcome to come into our friendly doors in the library to pop in and see a usual day in our care.
We look forward to meeting so many new faces and getting back into it!
Our first week at OSHC will include the activities below:

	Monday	Tuesday	Wednesday	Thursday	Friday
Planned activity 1	Name bingo: To get to know some of the new children with a game of bingo.	Cooking activity: Cook banana bread as a group and enjoy at afternoon tea.	Talent show: The children will have 30 minutes to work out an act or performance to show the group showcasing their talents.	Outdoor chalk drawing: Outline yourself and draw your favourite outfit/dream outfit.	Cooking activity: Cook apple muffins as a group. * Take home activity
Planned activity 2	Lego competition: A lot of the children love showing their creative side with lego building. Who can make the best creative story with their lego piece.	Brain puzzles: Enjoy some of the new games that are brain teasers and a challenge.	Recycled art projects: Using our recycled boxes and cardboard we will create different crafts.	Kinetic sand creations: See what creation you can make with kinetic sand. <u>Challenge:</u> Build a castle with 6 windows.	Puzzle games: Enjoy puzzles, board games and brain teasers. * Rush hour, Connect 4, Chess.
Planned activity 3	Seed planting: To start our own Camp Australia garden, we will plant a mixtures of vegetables and herbs.	Outdoor group game: Basketball game outside with everyone.	Bubble making: Make your own bubble wand from pipe cleaners and a home made bubble mixture.	Connector straws: Use your imagination to create a fort or tall building.	Beading activity: Make your own jewellery, key chain or unique crafts.

Kind Regards,
Camp Australia Team

INSIGHTS

by Michael Grose - Australia's No 1 parenting educator

Getting kids to school ON TIME!

Missing a few minutes each day may not seem like a big deal but your child may be missing more than you realise if he or she is continually late.

"Come on Jack! Get a move on. School starts in ten minutes and you're not even dressed yet!"

If this scenario sounds familiar then you are not alone. Anecdotal evidence suggests that getting children to school or pre school on time can be one of the most difficult tasks for parents.

Missing a few minutes each day may not seem like a big deal but your child may be missing more than you realise if he or she is continually late. Current research shows that mornings for most children are the most productive time of the day with 10.00am the peak period for productivity. When children arrive late and take time to settle as they inevitably do precious minutes are lost. A child who is fifteen minutes late to school each day misses one week of school every year.

How can you get your dawdling kids out the door without yelling yourself hoarse? Here are a few techniques and ideas for you to try to get your punctually-challenged children to school on time:

✓ **Establish a morning routine.**

Make sure your children know what is expected of them in the morning, and also what you will do. Resist nagging but be willing to take them to school even if they haven't fully prepared for the day.



✓ **Identify and remove distractions such as television.**

If the children are regular watchers before school change the routine and keep the TV off. It should only be turned on when children are completely ready for school.

✓ **Teach some of the basics of time management.**

The average adult underestimates by about 25 per cent the time it takes to do various jobs. Make sure you have realistic time estimates and stop packing so much into the time you allocate. Encourage older children to estimate how long it takes to do activities such as getting ready in the morning. Then they can measure the time taken to do these tasks and compare their estimates with real time.

✓ **Arrive at school ten minutes early.**

Plan to arrive at school early rather than be there on time. This idea works well for perpetual latecomers, whether young or old.

✓ **Model a good routine.**

Its pointless expecting children to be organised in the morning if you are in a muddle yourself. Set a good example by being as methodical as possible and avoid sleeping in unless your children are so organised that they get you breakfast in bed. And pigs might fly as well!

Published by Michael Grose

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For more ideas, support and advice
for all your parenting challenges
visit: www.parentingideas.com.au


Parentingideas
MICHAEL GROSE

Community Information

Violin & Viola for sale

There is a Gear 4 Music Student 1/2 size Violin (pink violin and pink case) assessed and valued by Felicite at \$100



The other is a 14" Stentor Music Co. Ltd - The Stentor Student II Viola (walnut viola with blue case) assessed and valued by Felicite at \$250



Simon Berhang
[0416 039 901](tel:0416039901)

Advertising

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STAGE LEFT performing arts school ACT SING DANCE

ENROLMENTS NOW OPEN



- Weekly Term Classes Act, Sing & Dance
- Holiday Theatre Workshops Every School Holidays
- Private Singing Lessons
- Ages 4-16
- Venues: East Malvern, Rowville, Hampton, Glen Iris, Camberwell, Sandringham & NEW Bentleigh Sat arvo opens in 2020

ph: 1300 369 443

www.stageleft.com.au

PERFORM BETTER IN LIFE, NOT JUST ON THE STAGE



Bentleigh Auskick

King George Reserve

East Boundary Road, Bentleigh

Starts Sun 19th April, 8:15am to 9:30am

Register online or contact Travis Hall on 0418 440 116

Girls and Boys, ages 5 to 10

AFLAUSKICK.COM.AU    

Advertising

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ART JAM WITH BERNADETTE & YAZ

WEDNESDAYS IN ROOM 6A

\$25 PER SESSION

RING BERNADETTE 0427 820 609

3:30-5PM

ART WITH A TWIST!

ART BY: TOM GRADE 1



Breathe
Walk BAREFOOT
RELAX RELAX RELAX
Educating Mindful Minds
Open Mind
Plant
Cook
Take the dog for a walk
Take a
friends
list
POSITIVE THINKING
Sessions \$25 per week
NDIS funding for self-managed or planned

Our weekly workshops will be a mix of hands on Meditation, breath focus, mindful movement and games, storytelling and age appropriate Mindfulness and Mindset education. There is also lots of opportunities for fun, sharing and learning from each other.

1. Small group Of 8-12 Students which will give each child an opportunity to be heard in a Nurturing environment

2. Ideal for kids who are between the ages of 6-12 years old who are over thinkers, reactive, have anxiety or just to manage stress.

3. Practicing principles of kindness, compassion, gratitude, acceptance, non-judgment, impermanence and letting go.

4. Children are taught a range of stress management and self-soothing techniques and strategies

Term 1 is a 7 week program commencing on February 10th 2020

The 75 minute program is structured with a combination of Mindfulness and cognitive behaviour Therapy with a Buddhist philosophy (Non religious)

This is an exciting early intervention program, which was developed by a mental health social worker whom in 2019 was nominated for multiple awards for allied health professionals.

Our classes are at
Connect Health and Community
2A Gardeners Road, Bentleigh East., LORIKEET room

Email: hello@mindfulminds.com.au
Contact: 0422 919 638

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Stage School Australia

★★★★★
"THE BENEFITS OF PERFORMING ARTS FOR SCHOOL-AGED KIDS HAS IRREFUTABLE BENEFITS BEYOND THE CLASSROOM"
- PROFESSOR MICHAEL ANDERSON
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