

## Principal's Report | - 4

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

- \* Events in Turkey & Syria
- \* For Parents—What to expect at school
- \* Transition Tips
- \* Parent Communication
- \* Punctuality
- \* School Uniform
- \* School Council Elections
- \* Class Information Afternoons
- \* Staff Car Park / Dropping off
- \* Swimming Program
- \* Breakfast Club
- \* Anaphylaxis
- \* Contact Information
- \* Accidents & Accident Cover
- \* Privacy Info. For Parents/Carers



# 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)

9th Feb 2023

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.**

#### BREAKFAST CLUB

8:15am-8:45am

Children must arrive before 8:30am  
in order to be served  
breakfast in time.

There are some Grab 'n Go items and  
fruit if students arrive after 8:30am

Please email Christine if your child has any  
food allergies

[christine.kennedy@education.vic.gov.au](mailto:christine.kennedy@education.vic.gov.au)

Thank you

#### Reporting Student

##### Absences



Please remember to let the school know  
about any student absences by logging  
into COMPASS and entering an  
attendance note Thank you

#### Diary Dates

##### Information Afternoons

Year 3-6 Monday 13th Feb 4:30-5:30pm

Prep -2 Tuesday 14th Feb 4:30-5:30pm

School Council Meeting-Mon 13th Feb 7pm

##### Swimming 7 day program

Years 3/4 starts Monday 20th Feb

Years 1/2 starts Thurs 2nd Mar

**STUDENT FREE DAY - (no school)**

Staff PD- Berry St. - MONDAY 27TH FEB

**LABOUR DAY PUBLIC HOLIDAY - 13th Mar**

**NAPLAN-Yrs 3 + 5 - Wed 15th - Fri 17th Mar**

**Year 5/6 Merricks Camp**

Wed 22nd Mar - Fri 24th Mar

**SCHOOL PHOTO DAY - Wed 29th Mar**

Last Day Term 1 - Thurs 6th April

Early finish at 2:30pm

### Principal's Report - Maria Shearn

Hello everyone,

During this week and next your child's teacher will be discussing the value of 'optimism' in class as part of our social/emotional learning program.

I encourage parents to have follow up conversations with their children at home about this, perhaps pointing out examples where they have demonstrated optimism in their lives. Educational research is very clear on the value of a strong partnership between school and home.

Optimism is not "always seeing the positive". Instead, an optimist holds two important beliefs:

- \* Problems are temporary
- \* My actions can lessen/change/mitigate my problems.

Optimists see opportunities. Optimists have a strong basis for contentment and happiness.

Please see later in this newsletter for more information from Lee Jellis our Wellbeing coordinator.

#### Events in Turkey and Syria

Having said all of the above, it was with a very heavy heart and some tears that I watched the vision on the ABC last night of the unfolding horror of the devastation wrought by the natural disaster in Turkey and Syria. As I tried to process the awful images and words describing the enormity of the disaster, my mind went immediately to our children and how the news will affect them. Below you will find 2 separate resources that you may find helpful in speaking to your children should questions arise at home. I hope that you may find them useful. My heartfelt condolences to any of our families who may have extended family affected by this tragedy.

[https://www.aacap.org/App\\_Themes/AACAP/docs/resource\\_centers/disaster/](https://www.aacap.org/App_Themes/AACAP/docs/resource_centers/disaster/)

[disaster resource center talking to children about natural disasters.pdf](https://www.aacap.org/App_Themes/AACAP/docs/resource_centers/disaster_resource_center_talking_to_children_about_natural_disasters.pdf)

<https://www.worldvision.org/disaster-relief-news-stories/how-to-talk-to-your-kids-about-disasters-in-the-news>

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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

### For our parents - What to expect at school

A range of information for parents is available on the department's website at <https://www.vic.gov.au/education-information-parents>.

The information includes advice on the many varied components that make up our school environment at a system level, such as school policies, requirements and expectations, as well as support services available. For a list of topics, refer to [Attending school](#) and [Building a positive relationship with your child's school](#).

### Transition tips

Back to school is an exciting time for students and families. It can be a big step – particularly for those starting prep or moving to secondary school.

For advice in multiple languages on how parents can help their child have a positive start to school, refer to [Tips for starting school](#).

### 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 to keep parents informed as fully as possible about what is happening at our school. On alternate weeks a briefer news bulletin is distributed. (Any time bound important news will come to you via Compass/email, so please ensure that we have your current email address.)

All these communications will include a term calendar which is updated regularly. To be waste-wise we make our newsletters/bulletins available electronically to our families, by sending a link via Compass/ email, to access them on our website each week. 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 email address is: [Maria.Shearn@education.vic.gov.au](mailto:Maria.Shearn@education.vic.gov.au).

### 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. 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 they welcome the children, 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. 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 lifelong habits.



**Continued next page.....**

## Principal's Report - Maria Shearn

### 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. From 2023 our uniform can be purchased directly from PSW situated at 1 Age St, Cheltenham. Please don't hesitate to speak to either Jane or Ann in the office on 9570 3525 should you have any questions.

### School Council Elections

On Monday every school family will have received a Notice of Election and Call for Nominations' letter via email 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 Monday 13<sup>th</sup> February.** Nomination forms are available from the office. School Councillors currently play an important role in decision making and management of our school. They donate many hours to the sub committees of School Council; Finance, Education and Policy, Facilities, Communication, Fundraising, Publicity, Farmers' Market and Grants. Councillors belong to at least one subcommittee; they also attend 8 school council meetings.

### Class Information Afternoons

Class information afternoons have been scheduled for Week 3; specifically for Years 3-6 on Monday 13<sup>th</sup> February and Prep-Year 2 on Tuesday 14<sup>th</sup> February. Both sessions will begin at 4.30pm and will take place in your child's classroom. At this meeting your child's teacher will outline their plans for your child's learning for this year and important school priorities. It will be lovely to be able to once again hold these in person. I ask that you please make this a priority, as teachers will outline more fully their plans and expectations for the year.

### 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. People who do just stop and then move off again quickly use the specially marked '**Kiss 'n' Go**' area which is just a 2 min drop off/pick up zone. Please do not use up these spaces if you must leave your car. For one thing you could be booked, for another it is not fair to those people who are in a hurry. If you use the Kiss and Go area to drop off your child, remember that you may not leave your car at any time and only be in the spot for 2 mins or less.

Also please remember that **the staff car park is for staff only** - it is not a dropping off or picking up area and not a safe place for children to be in at any time. The only exception to this is the use of the two 'disabled' car spaces which are required for our families with children with additional mobility needs. These are in daily use this year so please do not park in them at any time.

### Swimming Program

Our Grade 3 and 4 students will participate in a 7 day intensive swimming program beginning on Feb 20<sup>th</sup>. A separate permission note with details has been handed out and the fee posted on Compass.

### Breakfast Club

EBPS has once again partnered with DET and Foodbank to provide a breakfast service for our students. Breakfast Club is now operational daily starting at 8:15am and will be housed in the kitchenette area of the new PAC. Children must arrive before 8:30am in order to be served breakfast in time. There are some Grab 'n Go items and fruit if students arrive after 8:30am. Please email Christine prior to attending - if your child has any food allergies. Email: [christine.kennedy@education.vic.gov.au](mailto:christine.kennedy@education.vic.gov.au)

### Anaphylaxis

At our school we have a number of students who suffer from severe life-threatening nut allergies and allergies to specific foods. We ask that all parents refrain from sending any nuts or products with nuts to school as we are a **NUT FREE ZONE**. Parents will be notified by class teachers if there are children with severe food allergies in their child's class. Please look out in our next newsletter for more detailed information about anaphylaxis.

### Contact Information

Parents please let us know if any information about home phone numbers, work phone numbers or emergency contact numbers have changed. It can be very frustrating to try to contact 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.

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### Literacy @ East Bentleigh PS

#### VCOP in Grade 3 / 4

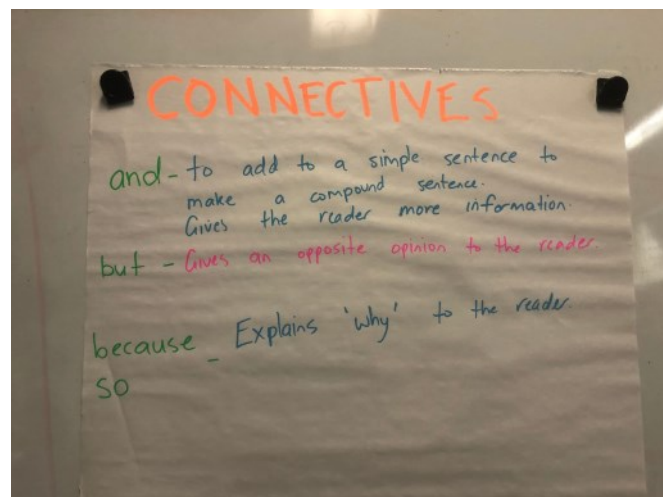
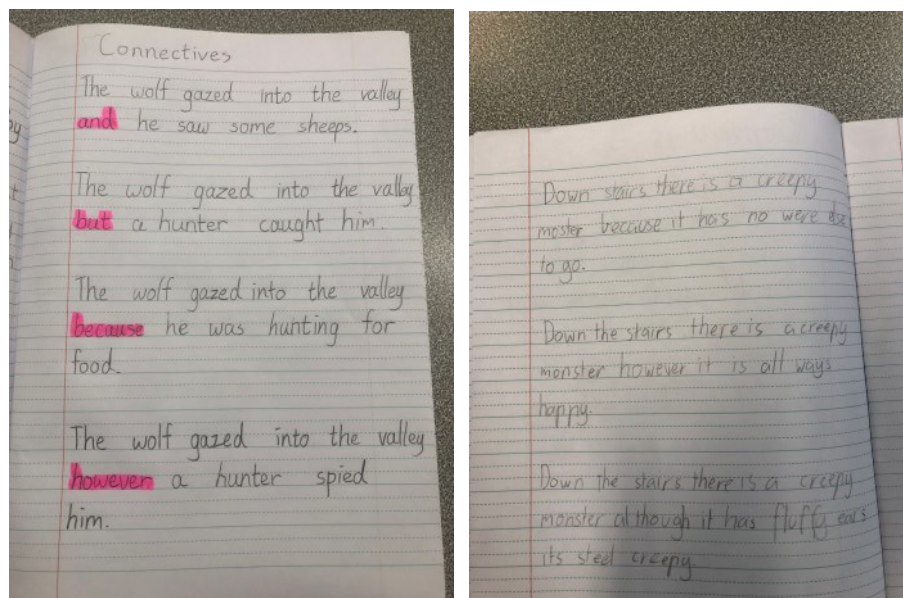
To start the year, students in 3 / 4 mainstream have been revisiting the VCOP framework.

Students explored different connectives, looking at the meaning of different connective words and when different connectives are used in compound sentences.

As a class, we developed some sentence stems and practised using connectives to change the meaning of the sentence.

Students then had a go at using a sentence stem and different connectives to develop interesting compound sentences.

Have a look at some of the excellent work below.





## Maths at EBPS



### 6A Maths

**Factors** are numbers which you can multiply together to get another number. E.g. The numbers 2 and 3 are factors of 6 because  $2 \times 3 = 6$ . A number can have many factors! E.g. 2 and 4 are factors of 8, because  $4 \times 2 = 8$ .

#### Factor Finish

We played a game called **Factor Finish** whereby in pairs students were given either a 100 or 200 chart and a die. Players were dealt five cards each and moved spaces along their chart according to the number they rolled on the die. Players covered the number they landed on with a marker and proceeded to look for that digit/digits or a factor of that number in their cards. Players took turns and if they didn't have a card that could be put down play passed to the next person. If they did have a card that player passed that number card into their point pile. The player with the most cards in their pile is the winner after they reached the end of their chart.



We thought that factor finish was a great and entertaining experience. We learned how to identify between factors and multiples. To make it more of a challenge, some of us used a 200 chart. We kept getting low rolls so it took a while to get to 200. We also ran out of cards before we got to 200. We learned that next time we should use two decks of cards. Even though we had a few challenges, it was overall a fantastic game. We definitely recommend you play it.

*Willow, Zara, Indi and Hannah 6A*



Factor finish is a fun game that we played in class this week. We had some struggles e.g. finding the factors of some numbers and it sometimes helped to use a multiplication chart. It was fun interacting and playing with friends. We recommend this game.

*Harriet, Isla, Reese and Pepper 6A*



## Wellbeing at EBPS

## Optimism at our School in Prep D

## Optimism

**Hopefulness and confidence about the future, or the success of something**

Positive self-talk  
Hope in the self and  
others  
Ability to manage  
stress

My class Prep Donna has given some thought to what makes them feel upbeat and happy. Children produced a drawing and verbally expressed what makes them feel so positive at school. Please find below a sample of the children's work.



# Wellbeing at EBPS

## Wellbeing - Whole School Values

This week in classes across the school we are talking about optimism.

### What is optimism?

Optimism is a sense of hopefulness and confidence about the future, or the success of something. It's a feeling or belief that good things will happen in the future; that what you hope for will happen.

Optimists believe that things will turn out well or that there is always hope for something good to happen.

Optimists have a disposition or tendency to look on the brighter side of events or conditions and to expect the most favourable outcome.

Martin Seligman, often called the father of positive psychology, describes optimism in the following terms. Optimism is not "always seeing the positive". Instead, an optimist holds two important beliefs:

\* Problems are temporary

\* My actions can lessen/change/mitigate my problems.

Optimists see opportunities. Optimists have a strong basis for contentment and happiness.

### How optimistic are your kids?

Choose a child (or yourself) and complete this Optimism Quiz.

Does he or she usually:

- |  |                |
|--|----------------|
| 1. Take blame personally when things go wrong?   | Yes [0] No [2] |
| 2. Blow negative events out of proportion?   | Yes [0] No [2] |
| 3. Take personal credit if things go well such as doing well in a test at school or winning a game.          | Yes [2] No [0] |
| 4. Believe that with hard work or better skills he or she can improve.                                       | Yes [2] No [0] |
| 5. Usually looks on the bright side of any situation.  | Yes [2] No [0] |
| 6. Catastrophise things that go wrong at school or think bad events are force 10 large scale mega disasters. | Yes [0] No [2] |
| 7. Immediately jumps to the worst possible outcome if he or she is unsure of something.                      | Yes [0] No [2] |
| 8. Takes plenty of learning risks and is not held back by the possibility of failure.                        | Yes [2] No [0] |

Score: This child is:

14 -16 A raving optimist

10-12 A cautious optimist

6-8 A hard-working optimist (i.e has to work hard at it)

0-4 A struggling optimist

(From *Optimism - The Thriving Series*, by Michael Grose)

Even if you are not a natural optimist, you can take action to develop optimism. The following five ideas have been shown to support the development of an optimistic mind set.

1. Exercise
2. Meditation or mindfulness
3. Performing intentional acts of kindness
4. Naming gratitude
5. Journaling about a positive experience

Have a wonderful week talking about optimism with your child/ren!!

Lee Jellis - 5L Classroom Teacher and Wellbeing Coordinator



**Did you know the creator of Pokemon is Autistic?**



Satoshi Tajiri has attributed his creativity, passion, relentless focus and drive to being autistic.

[www.neurodiversityweek.com](http://www.neurodiversityweek.com)

**Did you know Billie Eilish has Tourette's?**



Billie Eilish, Singer / Songwriter

[www.neurodiversityweek.com](http://www.neurodiversityweek.com)

**"To be different is not a weakness. It's a strength in many ways, because you stand out from the crowd"**



Greta Thunberg on why her autism is a strength

[www.neurodiversityweek.com](http://www.neurodiversityweek.com)

**Did you know Richard Branson is dyslexic?**



**"Dyslexia is an alternative way of thinking"**

- Richard Branson, Entrepreneur

[www.neurodiversityweek.com](http://www.neurodiversityweek.com)

**Celebrating Diversity!**

The week of the 21st- 27th March marks Neurodiversity Celebration Week. This is a chance for us to celebrate the range of perspectives, thinking and contributions that our neurodiverse children add to our school community. We want to celebrate neurodiversity in all its wonderful forms because it takes all kinds of minds to make a beautiful world.

In our newsletters this year, we will celebrate neurodiversity and highlight our diverse learning community. Today, enjoy looking through (and discussing with your children!) a variety of well-known people who have shared about their own journeys as neurodivergent people in the hope that others will embrace and celebrate their 'uniqueness'.

Michelle Mather – Learning Diversity Leader

**Did you know the designer of the Sydney Opera House was dyslexic?**



Jens Utzon, Architect

[www.neurodiversityweek.com](http://www.neurodiversityweek.com)

**Did you know Chris Packman is Autistic?**



**"Humanity has prospered of people with autistic traits. Without them, we wouldn't have put a man on the moon or be running software programs"**

- Chris Packman, Naturalist / Presenter

[www.neurodiversityweek.com](http://www.neurodiversityweek.com)

**Did you know Anthony Hopkins is Autistic?**



Known in Hollywood for his extraordinary ability to memorise lines, attributing his success to being autistic

Anthony Hopkins, Award-winning Actor

[www.neurodiversityweek.com](http://www.neurodiversityweek.com)

**Did you know Orlando Bloom is dyslexic?**



**"Creativity is the key for any child with dyslexia - or for anyone, for that matter. Then you can think outside of the box"**

- Orlando Bloom, Actor

[www.neurodiversityweek.com](http://www.neurodiversityweek.com)

**Did you know Daniel Radcliffe is dyspraxic?**



**"It has never held me back. Some of the smartest people I know are people who have learning disabilities"**

Daniel Radcliffe, Actor

[www.neurodiversityweek.com](http://www.neurodiversityweek.com)

**Did you know the lead singer from Florence and the Machine is dyspraxic?**



**"Dyspraxia may create some challenges. But they don't stand in the way of my success."**

Florence Welch, Singer / Songwriter

[www.neurodiversityweek.com](http://www.neurodiversityweek.com)

# parenting \* ideas insights



## How to get kids off to school on time without yelling, whining or constantly reminding!

By Michael Grose

*If you struggle with peace, harmony and getting kids focused on school these 6 suggestions will help your mornings run a littler smoother.*

Getting kids to school on time can be infuriating and anxiety-inducing for parents, especially if you work! The clock just keeps ticking and doesn't make allowances for morning meanderers.

It's easy if your child is the bright-eyed, bushy-tailed type who wakes up ready and focused for school. But what if you have a child who

needs time to wake up, and is easily distracted by the television, a pesky sibling or even the family pooch that wants to be patted? What if you have a child who drags the chain and wouldn't get to school without at least five parental reminders to hurry up? In these cases mornings can be chaotic and very stressful.

**If you struggle with peace, harmony and getting kids focused on school these suggestions will help you make mornings run a littler smoother.**



POSITIVE PARENTING



### 1. Prepare as much as you can the night before

It may be stating the obvious but the less that children have to do in the morning the better. So putting clothes out, preparing lunches and snacks and having school bags packed and ready the night before will mean there is less decision-making and less for everyone to worry about in the morning.

### 2. Identify and overcome distractions

As mentioned above, children can easily be distracted before school. If possible remove distractors such as televisions and digital devices. Allow them when everyone is ready for school. Minimise the impact of other distractions such as managing argumentative siblings. Stay out of these arguments as your attention usually just inflames sibling disputes. Be liberal with encouragement, affection and once-only reminders in the morning and minimise conflict resolution, arguments and angry words.

### 3. Make your morning routine visual

If, for whatever reason, your child randomly and dreamily wanders from one activity to another then consider placing a sequenced photo chart of



## parenting \* ideas

### How to get kids off to school on time without yelling, whining or constantly reminding!

4 or 5 main activities (e.g. wake up, breakfast, get dressed, chores, pack bags) in a prominent place that he or she can refer to each morning. This visual prompt will help put some routine into your child's morning, as well as reduce their dependence on you.

#### 4. Delegate some responsibility

Consider delegating the job of keeping a wayward child on track to a capable, bright-eyed, bushy-tailed sibling. Let me explain. If you come from a family of four or more children then there is a reasonable chance that either you or a sibling took charge of many aspects of the family routine, including getting kids up each morning and off to school. This is not so much a case of parents neglecting their responsibilities but rather letting go of the minutiae of management. When this happens a capable and caring child will generally fill the parental void. Alternatively, a parent may purposefully give that job to a child. Either way, delegation is a great way of instilling parenting skills into the next generation as well as keeping children from being dependent on their parents.

#### 5. Make yourself scarce

If you find it impossible to ignore your child's morning meanderings or misbehaviours, or if you think that there is no way your child would get to school without your timely reminders then try keeping yourself busy.

Get yourself ready for the day and give your children the space to work things out themselves. You may be surprised how capable your child is, when no one reminds him or her of their responsibilities. A word of warning: Your child may test out your resolve by doing very little to get him or herself ready. If so, be prepared to give the next idea a go.

#### 6. Be willing to take your child to school even if they aren't fully ready

If keeping up appearances is important then you will struggle with this idea, but bear with me. Your job as a parent is to shift the responsibility of getting to school to the person who should bear it – that is, your child. When you worry more about something than a child then that task becomes your responsibility. Mornings will always be stressful if you take responsibility for kids being at school on time. One way around this is to be willing to take your child to school even if they are not fully ready. It may mean your child has to hurriedly put his or her shoes and socks on in the car, or perhaps finish that piece of toast on the way to school. Doing this may make you feel like a mean parent but if you do it in a reasonable, matter-of-fact way then you are guilty of nothing more than putting a little responsibility the way of your child. Children will usually learn more from your actions than your words.

## POSITIVE PARENTING



It's times such as bedtime, mealtime and mornings when children transition from one activity to another that brings so much stress for parents. Often children just want to keep doing an activity they enjoy rather than go to bed, join you at the meal table or go to school as required. It's easy to be drawn into arguments and disputes with children who don't want to play the cooperation game. It helps at these times to stick to a known routine (that may be individual for each child); to talk a little less (cue them once but no more); and be willing to put a reasonable action or consequence in place so that children take some responsibility themselves.

**Visit our website  
for more ideas and  
information to help  
you raise confident  
and resilient young  
people.**



**Special note:** I'm thrilled to announce that my latest book *Spoonfed Generation: How to raise independent children* is out. It's available at [parentingideas.com.au](http://parentingideas.com.au)





# Advertising

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



**BASKETBALL**



**SOCCER**



**CRICKET**

## AFTER SCHOOL SPORTS

**FREE TRIAL SESSION**

**5:30pm-6:30pm**  
**Mondays & Wednesdays**  
**5-7 year olds | 8 - 11 year olds**

**Tel: 9547 2555**

**\$15/sessions**

**springvaleindoorsports.com.au/junior-sports**

**Kids Parties**

- Space jump
- Sports & jump
- Dodgem cars
- Nerf wars
- Bubble soccer
- Laser tag



"AUSTRALIA'S NO.1 COACHING COLLEGE"

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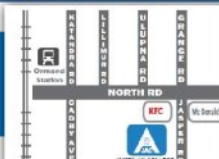
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A FREE BOOK BAG!

FOR ANY NEW STUDENTS WHO ENROL BEFORE **28 FEB 2023!**

"2024-2025 Scholarships & Selective School Trial Tests"

Classes from YEAR 1 TO YEAR 12 are available Weekday Afternoons & Saturday.

★FREE ASSESSMENT TEST AVAILABLE FOR ALL NEW STUDENTS★

