

Principal's Report | - 2

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

- * Prep 2022 Info Night - Webex
- * 2021 Open Morning & BFM
- * World Events - COVID
- * Sexuality & Consent Education
- * 2022 Secondary School Placement
- * Bentleigh RSL - Thank you



East Bentleigh Primary School

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

13th May 2021

Term 2 / Week 4, Issue 2

BREAKFAST CLUB IS HERE!

8:15-8:45am

in new Performing Arts
Centre (PAC)

*If your child has allergies—
please email*

*jane.ross@education.vic.gov.au
before they attend.*

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.

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**

**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**

Principal's Report - Maria Shearn

Hello everyone,

I hope that this newsletter finds you all well during these uncertain times. Today we waved off our Year 4's for their very first school camp, as they missed out by just a few days last year. Today they will spend the day at Sovereign Hill. I am looking forward to joining them at the Log Cabin Camp in Creswick tomorrow. Back at school our Year 3 and 5 students have been participating in the NAPLAN tests. Woodworking club has also returned.

2022 Prep Information Night

Whilst we will still be holding this very important event in our annual calendar during Education Week, this year the event will be a virtual one. Our Prep teachers and school leadership will hold this on Wednesday 19th May at 7.00pm. Invitations have been sent to our local kinders and to those who have attended one of our school tours this year. If you know of anyone who has a child ready to start school in 2022, it would be great if you could let them know.

2021 Open Morning and Bentleigh Farmer's Market - Saturday 22nd May

We will once again be holding an Open Morning this year to coincide with our monthly BFM. Market hours remain unchanged - 8.00am till 12.30pm. Classrooms will be open from 9am-12 noon. Teachers will be available during these hours. Whilst the BFM is predominately an outdoor event, as such we have had no issues with social distancing, however we still encourage people to have a mask with them just in case.

This year we have decided to go ahead with our ever popular Open Day/Morning, however in order to comply with our COVID Safety Plan, we will require any visitors entering any of the buildings to check in with the **Service Victoria QR code** which will be placed at all entrances. (Please download the Service Victoria App from the app store beforehand).

Given the current circumstances with returning travellers and the issues with hotel quarantine and until we have an appropriate level of vaccination in the community we believe this is prudent. We are looking forward to welcoming visitors to our school on that day. Our cleaners will sanitise all surfaces in classrooms before our students return on Monday.



Continued next page.....

Diary Dates

Year 4 Creswick Camp -
Wed 12th - Fri 14th May

Opera Australia - 'Cinderella' -
whole school event 17th May

District Cross Country - Y3 to 6
Fri 21st May 11am - 3pm

BENTLEIGH FARMERS' MARKET and
OPEN MORNING - Sat 22nd May

Museum Excursion - 12L & 12M
Wed 26th May

Year 3 Camp Manyung -
Mon 31st May - Wed 2nd June

JUMP ROPE DAY - Thur 10th June

Mid-Year Reports - Wed 16th June

Tabloid Sports and Parent/Teacher
Interviews Mon 21st June 2pm



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

World Events - COVID

India has set a new global record of daily cases for seven of the last eight days (at time of writing), with a seven-day moving average of well over three hundred and fifty thousand infections (350,000). Thousands are dying every day. The intensity of this latest surge is catastrophic. Like with all countries, the best hope is to vaccinate the population. When the population is so large this is a gigantic task, despite India being the world's biggest producer of vaccines. India does not have the stocks for the estimated six hundred million people eligible. Australia has joined the international effort, pledging aid supplies.

For those in our school community who have family abroad please know that we share your sadness and feeling of loss, as you are so far away from loved ones.

Sexuality and Consent Education

There has been much media attention given recently to the issue of "Consent" in Victorian government schools. I offer parents the following to explain the context surrounding the recent media attention.

Sexuality and consent education are part of the Victorian Curriculum mandated for Government and Catholic schools in Victoria, and should be taught in an age-appropriate way from Prep to Year Twelve. Our wellbeing coordinator Lee Jellis has begun outlining examples of age appropriate activities in newsletters and will continue to do so throughout this term.

The underlying premise is that comprehensive sexuality education is most effective when it has a whole-school learning approach and is underpinned by a strong research evidence base. Although schools are not required to seek parental permission for the inclusion of sexuality or consent education, a parent or guardian may decide not to allow their child to participate in the sexual health component of the school's health education.

Schools must support and respect all sexual diversity. All staff have a duty to take reasonable steps to protect students under their care and supervision from harm that is reasonably foreseeable. This means taking steps to promote respectful relationships at all times, in and out of school.

A belief in the inherent dignity of each person guides everything we do. At all times we strive to ensure everyone feels safe and is treated respectfully and is respectful.

2022 Secondary School Placement

I know that many parents have visited secondary government and non-government schools already, in preparation for their child/children transitioning to Year Seven in 2022

The state-wide placement timeline and procedures are as follows for those students wishing to enter a government school in 2022: -

- ◆ Information regarding secondary education and Application for Enrolment (Year Seven) forms were distributed to Year Six students during the first week of Term Two.
- ◆ These forms are to be returned to East Bentleigh Primary School by tomorrow - **Friday 14th May**.
- ◆ We will then submit all initial placement requests to the secondary school.
- ◆ Secondary schools will advise primary schools of the names of all students who have been accepted into Year 7
- ◆ We will notify parents of the results of the placements applications, in writing, on **Thursday 4th August**.
- ◆ Parents/Carers may commence lodging non-placement appeals for secondary schools on 5th August.
- ◆ Orientation Day will be conducted on **Tuesday 7th December** for Year Six students.
- ◆ These dates are subject to change.

Bentleigh RSL Thank You

We received a letter of appreciation from the President and Committee of the Bentleigh RSL for the efforts of our community in supporting the ANZAC Day appeal. Our school raised a wonderful total of \$731.50. The money raised provides welfare support to ex-servicemen and women in necessitous circumstances to assist in providing for

- ◆ veterans and dependents
- ◆ care of the aged
- ◆ family welfare
- ◆ community and aged care visiting

****Thought****

Well done everyone.



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

Maths at EBPS

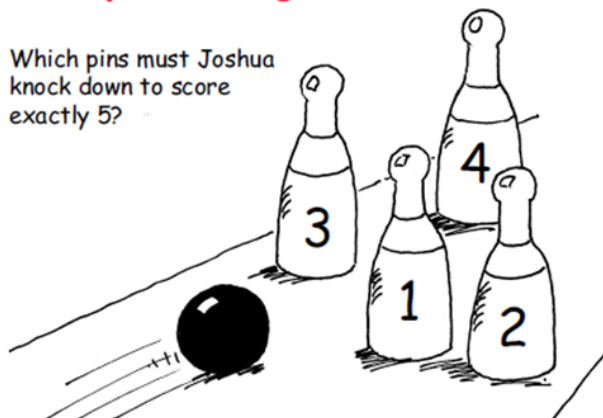
This week we are taking a look at.... **Puzzles**



Think about how you are solving the puzzle!

Four-pin bowling

Which pins must Joshua knock down to score exactly 5?



Find 2 different ways:

- to score 5
- to score 6
- to score 7

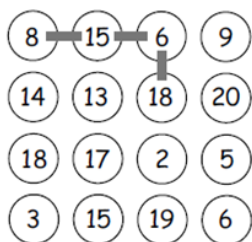
Joins

Join any four numbers.

Find their total.

Joins can go up, down or sideways, but not diagonally.

The score shown is $8 + 15 + 6 + 18 = 47$.



Find the highest possible score.

Find the lowest possible score.

Try joining five numbers.

Now try joining five numbers using only diagonal joins.

Roly poly

The dots on opposite faces of a dice add up to 7.

- Imagine rolling one dice.

The score is the total number of dots you can see.

You score 17.

Which number is face down?

How did you work out your answer?



- Imagine rolling two dice.

The dice do not touch each other.



The score is the total number of dots you can see.

Which numbers are face down to score 30?





Strategies for Supporting Reluctant Writers

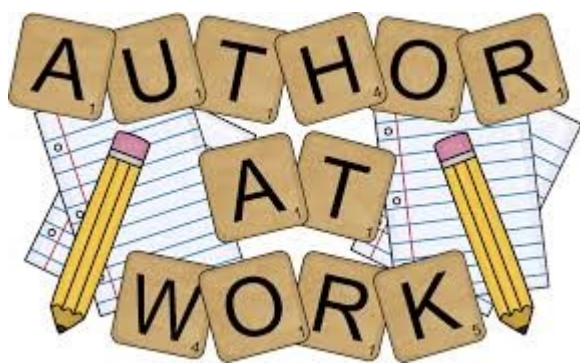
Many primary students enjoy writing tasks however, for a variety of reasons, many students are reluctant to put pencil to paper.

"I will sometimes give you a topic but not very often. And I will never – even if an evil sorcerer threatens to turn all my correcting pens into invisible ink – correct your work." They will never be graded. They will never be corrected. And most days, I won't tell you what to write about. You may write about your life, sports, the country of Bulgaria, your favourite kind of soap, books you like, books you don't like. Anything."

This is a quote from the book **"Fish in a Tree"** by **Lynda Mullaly Hunt**. The teacher in the story is trying to inspire his students to write daily by giving them a special writer's notebook and the freedom to express themselves with no fear or expectations.

Here are some tips from educational professionals for encouraging your child to write at home.

- * Offer a safe environment in which to write – no criticism or critiquing of ideas or thoughts.
- * Provide tools to write with that will entice them: journals, colourful pens, a student dictionary, etc.
- * Give opportunities to write daily.
- * Get them involved in everyday writing activities: shopping lists, directions, recipes, letter writing, thank you notes, etc.
- * Expose your child to great literature and great authors.



Wellbeing @ EBPS

RESPECTFUL RELATIONSHIPS

When we talk about respectful gender relationships, it is important that we give students clear ideas; the key idea being that everyone deserves respect and is capable of giving respect to others, regardless of their sameness or difference.

Everyone needs to be part of the conversation, in order to be part of the solution to the issues around gender, including gendered violence.

Consider some of these stereotypes and how they might impact on a young person's knowledge, attitudes and values and ability to have respectful relationships:

Boys will be boys.

Real men don't cry.

He pushed you/teased you because he likes you.

Stop crying like a girl.

Girls can't play soccer.

Girls are weak and need to be taken care of.

Harmful? Unhelpful? Confusing?

We need to talk with students in respectful and inclusive ways that enable them to foster healthy identities, inviting them to hold themselves and others to a higher standard.

In the following activities from the Respectful Relationships program Level 1 & 2, students are taught to call out unhealthy stereotypes such as those above. They are taught that when they hear labels that refer to boys and girls in limiting or unhealthy ways, they can speak back and disagree. The following is a summary of one of the activities that help them do so.

Gender Identity

Labels are for jars not people

This activity begins with students examining jars from the kitchen and discussing the labels as a description of what's inside.

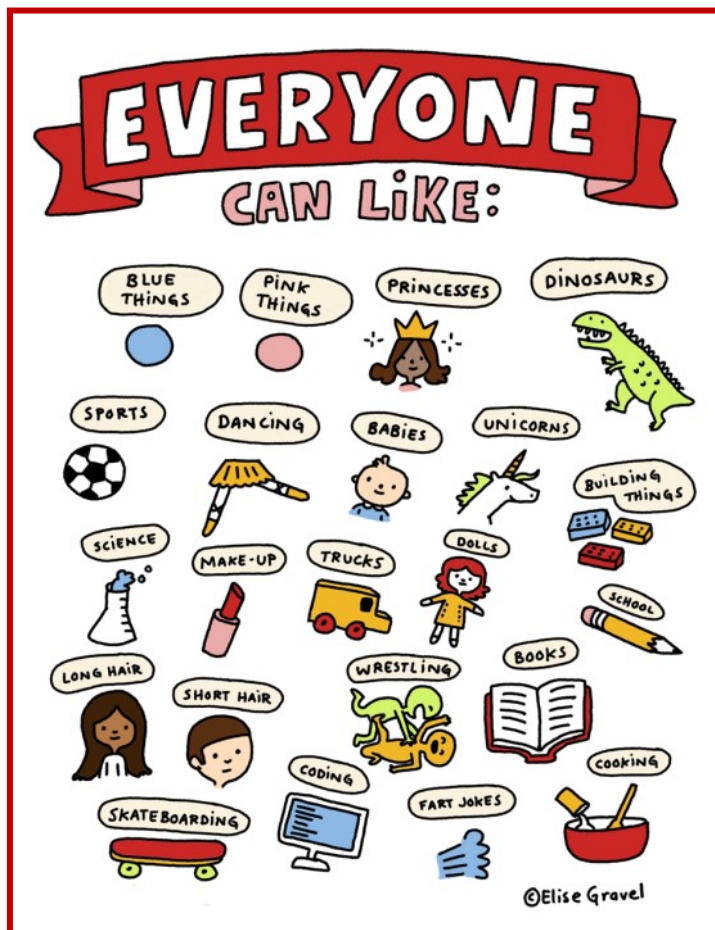
We then give a 'boy' label to one of the boys and a 'girl' label to one of the girls. Students then explore the idea that if we are relying on labels to help us understand people, we can get into problems. We refer to an earlier activity where we shared and compared likes and dislikes and realise that these labels tell us nothing about the persons ideas or preferences.

Students work together to create a chant. The teacher then calls a stereotype from the student's list, for example, "Girls can't be firefighters." "Boys can't cry when they're hurt." Boys can't be gentle." The students respond by repeating the chant but turning the can't into CAN!

Students have worked on an important idea in this activity. We must be careful about labels. The label 'boy' or 'girl' does not tell people what they should or shouldn't be interested in choosing to do, learn, or play.

The second important idea is that everyone is a little bit different and our differences are important. We don't have to be the same as each other. We should enjoy the ways that people are different. We should let our friends have their own interests and favourite activities.

Lee Jellis - Wellbeing Coordinator



MUSIC NEWS

Dear Parents/Carers,

We hope that you and your children are having a good term and enjoying all the extra activities in the school.

As we have had a number of interruptions all teachers are trying their best to work around these interruptions to make sure we fulfil the quota of lessons for Semester 1.

If we are not able to these lessons will be transferred into Term 3. Teachers will be in touch to let you know if this is the case.

If you have any concerns or queries regarding lessons either prior to or after reports go out please don't hesitate to reach out to contact either your child's individual teacher or myself. Often concerns that do go unanswered manifest and we want to make sure that you and your child feel supported in their studies. My email address is: Felicite.Heine@education.vic.gov.au

Choir

I am thrilled to be able to announce that we will be holding Choir in the PAC on Thursday lunchtimes. This is open to all children Grade 3 -6 and we hope to cover a variety of styles of music and some popular choices/requests. I'm looking forward to performing some items in the coming assemblies.

Verdi's - Macbeth

Our Class 6 Steiner students and parents are excitedly looking forward to watching Ben, Jack and myself in Melbourne Opera's production of Macbeth at their Dress Rehearsal on Sunday evening. Friends of Melbourne Opera have extended a free subscription to East Bentleigh Primary School which allows parents and students reduced price tickets to performances and various events throughout the year. Parents/Staff tickets are \$25 and children are \$10.

Performances are on 18th, 20th, 23rd and 26th of May and are held at Her Majesty's Theatre and tickets can be purchased via ticketek via the following link:

https://premier.ticketek.com.au/shows/show.aspx?sh=MACBETH21&gclid=CjwKCAjw-e2EBhAhEiwAJl5jgzmn1CORGzCu-vuqXdi1sZivdP5G1hMq76wzJVpJXigmHJXiMKRuTZRoCRQAQAvD_BwE

Hope to see you there!

Felicite Heine -Instrumental Music Coordinator
feliciteheine@gmail.com





GARDEN NEWS



Autumn is a time of harvest, tidying, and planting winter crops. For kitchen we have harvested Jerusalem artichokes, silverbeet, lettuce and parsley, and transplanted many more greens for term 3 harvest. Our Jerusalem artichokes have multiplied so much due to no harvest last year, that they even broke through our cemented brick garden edging! Many classes helped dig out these tuberous roots using our trusty 'kannan' (digging sticks) which classes whittled 2 years ago from our Kunzea (Tea tree) plants at school, according to Kulin tradition. Here are some students putting them to action:



Our stone fruit trees have dropped their leaves which are being collected for composting. Now we can see the branch structure its time for a tidy prune to ensure healthy growth for spring. Students have used these branches for weaving fences around our garden beds to try and keep the mulch and chicken scratching in the garden! The chickens are being so well looked after and give so much joy to the students who love keeping them clean and feeding them scraps from cooking classes:

I thoroughly enjoyed our Year 4 excursion to Ricketts Point Marine Sanctuary to learn about the creation of Nairn (the bay) and Boonwurrung history and coastal bushland and shoreline habitats. Students from 4L and 4A have clearly retained much of the learning from this excursion as they transfer their knowledge of traditional Boonwurrung plant uses to the same plant species growing in our school grounds. Banksia (Warrak) flowers traditionally were prized by young girls to comb their hair, and this connection is now continuing at our school:

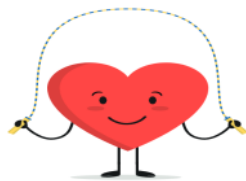


A big CONGRATULATIONS to 4L class who on Tuesday this week exhibited the best Nature Warrior attitude, teamwork and demonstration of all they've learnt in gardening classes. I am proud to say that lesson was THE BEST gardening lesson I've ever done in my 7 years as a gardening teacher. We'll done gardeners, you all deserve the Best Gardener award this week!

Pascale - Garden Specialist



We're skipping through the term!



Jump Rope for Heart is well underway and it's great to see so many children out in the playground skipping with smiles on their faces.

East Bentleigh Primary School has already raised \$799

It's not long until our Jump Off Day on *Thursday 10th June* so keep on practicing those tricks! And don't forget to share your online fundraising page with friends and family to raise money for a great cause! Still need to sign up online? It's easy just follow this link and enter your details.

www.jumprope.org.au/parents



Guiding children's growth

Newsletter



A message from your Coordinator

Hello students and families!

Term 2 in full force already, with cross country, sports days, tennis afterschool and craft afternoons. It has been great hearing all the exciting activities around the school and what everyone has been starting.

At Camp Australia we are doing a new topic every week and its all off what the children have requested. Some of our upcoming topics are 'Space week', 'Animal week' and 'Pokemon'.

This term we have met so many new faces who are joining our group and bringing their ideas to the sessions too! Reminder if you ever want to come check out what we are doing, head over to the library before 9:15am and after 2:30pm!

Look forward to see you!
- Steph (Coordinator)

Activities coming up

- Make your own Pokemon cards
- Slime making
- Painting with sponges, brushes, and hands

What's on the menu

- Pitta Pizzas
- Pancakes with golden syrup
- Crackers with salsa and cheese blocks

It's free to register

To attend our program, you must register your child. You can register an account with us at pp.campaaustralia.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](#)

Parent Information



BREAKFAST CLUB IS HERE @ EBPS

From 8:15-8:45am

in the new Performing Arts Centre (PAC)

All students are welcome

****If your child has allergies - please email jane.ross@education.vic.gov.au before they attend.**

[engage] 1 on 1 Psychology for Young People

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

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

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

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

CINDERELLA PANTOMIME

On Monday the 17th May the students will be attending the timeless classic, Cinderella. This pantomime will be performed by Alpha Shows, a travelling performing group who specialise in providing entertaining and engaging shows to schools all over Australia. This will be a wonderful opportunity for our students to be part of an audience, and experience an interactive production.

Themes such as self-worth are addressed in a fun and light-hearted way.



Taraleigh Steiner Kindergarten & Playgroup

Open Day

Immerse Yourself in
Childhood Magic...

Activities, storytelling, cakes,
chai and more!

Saturday 22nd May 10am - 2pm

90 Bignell Rd Bentleigh East 3165 | Ph. 9570 2246
www.taraleighpreschool.org

INSIGHTS

by Michael Grose – No. 1 parenting educator



Getting a grip on worry-warts

As parents we often grapple with our own worries but one of the most common questions I get asked by mums and dads is 'what do I do when my child seems overly worried or anxious?' By Maggie Dent

Early anxiety is developmentally normal – in fact, being fearful or anxious is an essential human survival response. However, as parents we need to know how to soothe our children to help them get a handle on their anxiety. Otherwise it may interfere with their wellbeing.

In fact, anxiety is the most significant mental health issue in childhood and yet it frequently goes undetected, untreated and is frequently misdiagnosed as one of the attention disorders.

Anxiety can begin as early as age two but we see a significant rise when children enter the school system. Unless it's addressed many will go on to suffer their whole lives.

Why kids worry

We must remember that children under 6 or 7 see the world through children's eyes. This often means they find plenty to fear as the parts of their brain that rule rational thinking are not fully developed.

Research shows that the number one thing that children fear is feeling separated or unloved by their parents.

This means going to childcare or school, going to sleep, seeing mum or dad walk out the door, sharing mum or dad with a new baby, or not feeling connected to their parents can be huge triggers for anxiety.

While separation anxiety is normal, it's important for parents of sensitive children to really be on the lookout for when it becomes excessive.

Symptoms of separation anxiety disorder include:

- ▶ Worrying about bad things happening to loved ones and being separated as a result
- ▶ Persistent reluctance to go to preschool/school, to be alone, to be without adults or loved ones (e.g. at home or when going to sleep)
- ▶ Repeated nightmares with themes of separation
- ▶ Physical complaints/symptoms when separated or anticipating separation
- ▶ Obvious distress.





What does anxiety look like?

Symptoms of general anxiety can include: stomach aches, headaches, difficulty sleeping, avoiding school, nail biting and physical reactions such as increased heart rate or breathing.

Canadian researcher Dr Lynn Miller has also found that there are many frequently overlooked symptoms of anxiety:

- ▶ Angry outbursts
- ▶ Oppositional and refusal behaviours
- ▶ Temper tantrums
- ▶ Aggression
- ▶ Attention seeking behaviours
- ▶ Hyperactivity and difficulty sitting still
- ▶ Attention and concentration problems
- ▶ Scholastic underachievement or excessive resistance to doing work
- ▶ Frequent visits to school nurse
- ▶ High number of missed school days
- ▶ Difficulties with social or peer group (i.e. worrying obsessively about what others think of you).

How to help an anxious child

Many parents I speak to wonder if they should try to 'toughen up' their sensitive worriers, but I would caution against this approach. Sometimes pushing a fearful child who's not ready can just make the fear even more real.

Rather, I think parents can build their child's capacity by gently walking them through some of the things they need to face with lots of love, lots of reassurance and lots of soothing.

Assess the environment

If a child is experiencing anxiety, or even to prevent anxiety, try to look at their environment through their eyes and ears.

For example, a huge trigger for children is listening to or watching the news. We must be very mindful of not leaving TVs or radios on around children, exposing them to reports and/or images of disaster, death or trauma. Even online, be mindful if your home page is a news page that may sometimes feature horrific images.

To help prevent anxiety becoming an issue we can make childcare choices that suit our children, particularly being mindful of our sensitive children or children under two who are often developmentally unable to manage environments that cause them stress.

These children really need a 'mothering' influence. This can come from mum, dad or someone else. I encourage parents to co-parent around work schedules as much as possible and seek care with trusted relatives, friends or family day care.

Top tips for reducing anxiety:

- ▶ Slow things down, leaving plenty of time for transition between activities.
- ▶ Have good routines particularly around eating and sleeping.
Soothe your child with safe, loving touch and warmth – lots of cuddles, and rubbing the 'tickle point' at the base of their neck.
- ▶ Don't overschedule your children's lives or put too much pressure on them to perform/achieve.
- ▶ Make time for silence and relaxation every day. Research shows 10 minutes has proven benefits for the whole family.
- ▶ For separation anxiety, make an effort to build 'love bridges' with kids: take a small bite out of their sandwich before placing it in the lunchbox; place kisses in their hands to hold onto all day; lay with them at night. Little things are big things to kids.

Maggie Dent is an author, educator and speaker dedicated to quietly changing lives through commonsense wisdom. She is the author of five books. Learn more about Maggie at www.maggiedent.com

JOB VACANCIES

Seeking Relief School Crossing Supervisors

Glen Eira City Council is currently recruiting relief school crossing supervisors. We are looking for people who are willing to travel across the whole of the municipality, have their own transport and have availability to be called on at short notice in the mornings and in the afternoons. Applicants must have excellent communication skills, enjoy working with people, be reliable, hardworking & have basic computer skills. If you are interested in applying for the role, please use the following link:

<https://www.gleneira.vic.gov.au/about-council/careers/explore-our-jobs/job/4685>


For further information, contact School Crossing Business Support Officer Sandra Horrigan or Rob Parker on 9524 3333 or email schoolcrossing@gleneira.vic.gov.au.




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ENROLL NOW

