

Principal's Report | - 2

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

- * Facilities—Thank you
- * Staffing
- * Mid Year Reports / Parent Teacher Interviews
- * Woodworking - Michael Zeeng
- * COVID-19 Update & Reminders



East Bentleigh Primary School

Bignell Road
East Bentleigh 3165
Phone: 9570 3525

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

15th June 2023

Term 2 / Week 8, Issue 4

SCHOOL VISION:

East Bentleigh Primary School provides a rich, inviting, child-focused environment ensuring that all students feel safe and stimulated. Our students are able to achieve their full academic, creative and social potential, equipped for the challenges of lifelong learning. Students develop into healthy and confident individuals, actively contributing to the world in which they live.

At East Bentleigh Primary School we are committed to child safety.

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

Thank you

KISS & GO - DROP OFF/ PICK UP ZONE

STAY WITH YOUR CAR

2 MINUTE LIMIT

8am - 9:30am & 2:30pm - 4pm

School Days

Diary Dates

Tabloid Sports - Whole School - Mon
19th June 1:30-3:30pm

Parent Teacher Interviews 1:30pm -
Mon 19th June

Mid Winter Festival - Preps to 3
5-7pm

Last day Term 2 - Friday 23rd
June

****Early Finish at 2:30pm****

First day Term 3 - Monday 10th July

8:50am start

Principal's Report - Maria Shearn

Hello everyone,

What a happy energy we all experienced this morning as students and staff arrived at school wearing warm, snuggly pyjamas and /or Oodies for our annual Wellbeing Team PJ Day. I can say that I was actually warm on my walk around before school this morning wearing my Winnie the Pooh Oodie. Visitors to the office would have seen Ann and Jane in matching PJ's which caused much laughter.

Many students availed themselves of the yummy hot chocolate on offer served up by our student Wellbeing leaders also. Thank you Lee and student leaders for organising a lovely mood lifting day as we come close to the end of the term; and thank you staff and families for getting into the spirit of the day.



Facilities- Thank You

On behalf of our school community I would like to thank the Maunders and Hernandez Kahan families who collectively spent many hours on the long weekend lopping and trimming many errant branches, clearing pathways etc throughout our school. It was a very big job and I am very grateful for their generous gift of time and energy to get this done. Thanks also to Marty and Cheryl Huish who came through on Wednesday and mulched up all the branches for us. We now have a tidier garden and lots of mulch to use and wood for our fire on Wednesday night. Thank you all.

I encourage other families to be on the lookout for Scott's requests for help in the working bees he is planning for the rest of the year. Our preliminary chats point to them being usually in the week before our Bentleigh Farmer's Market in future months. Keep your eyes peeled. Many hands make light work.

Staffing

It is unusual at this time of the year to be speaking about changes to staffing, however I do have some news to share as we come close to the end of Semester 1.

Firstly, sadly for us, we will be saying goodbye to our much loved Garden Teacher Pascale Jacq as she moves on to spending more time at the Port Phillip Eco Centre and embarks on establishing her own business. Pascale will literally leave very big boots to fill as she has been a true powerhouse in establishing so many garden areas for us to learn and grow in. Examples of her great work throughout the school are everywhere. Pascale can truly say that she leaves EBPS gardens and garden program in great shape.

Continued next page.....



East Bentleigh Primary School acknowledges Traditional Owners of Country throughout Australia and recognises the continuing connection to lands, waters and communities. We pay our respect to Aboriginal and Torres Strait Islander cultures and to Elders both past and present.

Principal's Report - Maria Shearn

Lisa Matuszewicz is also leaving us at the end of this term after being an invaluable member of the Education Support team for over 7 years. Lisa has worked extensively with our more vulnerable students, assisting them in accessing the curriculum as well as their peers.

Steph Henderson who has been guiding our Steiner students through the Craft program in Semester 1 will also leave us at the end of this term to pursue other avenues. Thank you, Steph, for bringing such a breath of fresh air to our school.

We wish Pascale, Lisa and Steph all the very best for their future endeavours and thank them for the legacy they leave.

Mid Year Reports/Parent Teacher Interviews

Your children's reports should have arrived home yesterday. I'd like to thank the teachers for the many hours of work they put into these documents. Even though they happen every year at the same time, I know that we all sigh a collective sigh of relief when they are completed, collated and distributed.

I hope you have read them carefully in preparation for the parent /teacher interviews scheduled for next Monday afternoon. I would encourage you to discuss your child's report with them, (as appropriate), noting and celebrating their growth since their last report. Areas of future learning are also an important area to focus on. As always, I have particularly enjoyed reading the insightful comments made by the children themselves.

Woodworking -Michael Zeeng

Many thanks to Michael Zeeng who has completed another term's woodworking classes with our senior students. Michael's calm presence and practical carpentry knowledge has seen the students involved learning many new skills and achieving a number of finished products.

Michael has many other talents, that only some people may be aware of. At Christmas time he works in various places as Santa's helper - he certainly looks the part; however, this year Michael will be the only Santa's helper in Australia who is able to communicate with children who visit him via AUSLAN! What an achievement. Well done Michael. How lucky we are to have you in our midst.



COVID-19 Update and Reminders

As the Victorian Health Guidelines suggest – If you test positive for Covid19 on a RAT, it is requested that you isolate for five days. The day of positive result being Day One and returning to school and normal activities on Day Six, if asymptomatic and feeling well. **Strict adherence to this guidance is for the benefit of our whole community, for both students (and those in their homes) and our school staff.**

Please Remember:

If you get COVID-19 you should isolate as soon as you test positive for at least five days and until you do not have any symptoms. Preparing to stay home when you are sick will help you to stop the spread of COVID-19 and protect the community. <https://www.coronavirus.vic.gov.au/prepare-covid-isolation>

Staff absences continue in the school due to COVID-19. We do appreciate parents/guardians who contact us and let us know when their children have COVID.

Since the commencement of Covid19 we have asked, please keep your child home if they are unwell. Covid19, influenza, gastro, are all germs we don't want to be sharing and sending to your family home.

This request, unfortunately, is asked of you now and particularly in the coming months. Staff and office administrators assess unwell students and send them home where necessary.

Please, if asked, respect their assessment, and collect your child in a timely manner. Your understanding, of the challenges we face day- by-day, is appreciated.

A resurgence of influenza (the flu) is expected this winter and schools are at risk of higher rates of students and staff affected by flu and COVID-19.

Advice from the Department of Health (DH) to help reduce the spread of COVID-19 and the flu, is to encourage staff and students to:

- wash and sanitise their hands regularly
- avoid touching their eyes, nose, and mouth with unwashed hands
- cover their nose and mouth when they cough or sneeze
- get tested for COVID-19 if they feel unwell
- get vaccinated for flu

Flu vaccinations can be booked through General Medical Practitioners and pharmacies, many of which can also provide COVID-19 vaccinations. Flu vaccination is recommended for everyone aged six months and over. Some people are more at risk of complications from flu and are eligible for free vaccination as part of the National Immunisation Program.

<https://www.health.gov.au/topics/immunisation/when-to-get-vaccinated/national-immunisation-program-schedule>



Until next time - Maria Shearn, Principal 😊

Pyjama Day

BIG thanks to the Community/Wellbeing team for planning and running today's Pyjama Day. You were amazing!

It was a great success and although we haven't counted up the money yet, we think we will be donating a goodly amount to 'Backpack Beds for the Homeless', a great Australian charity. The team will tally up the donations on Friday and we will be sure to let you know.

It was fabulous to see so many kids and teachers in their PJs, looking very cosy, in order to support the cause. Ann and Jane in the office had their matching PJ outfits on, with the slogan 'Better together' and Mrs Shearn had her Oodie and dressing gown too.



The hot chocolate and marshmallows at recess was very popular and the team did an amazing job making all the hot chocolate and serving everyone so efficiently. Thank you everyone for bringing your own mug, as this cut down on the waste and meant we had an eco-friendly event.

BIG thanks to Michelle and Mitch (Mr Michelle), Jodie, Jenni, Jane and Jill for their support and assistance, both prior to and on the day. The team really appreciated it!!!! Thanks too, to all the teachers and parents, without whom this event would not have happened.

By Lee Jellis - Wellbeing & 5L Classroom Teacher



Literacy @ East Bentleigh PS

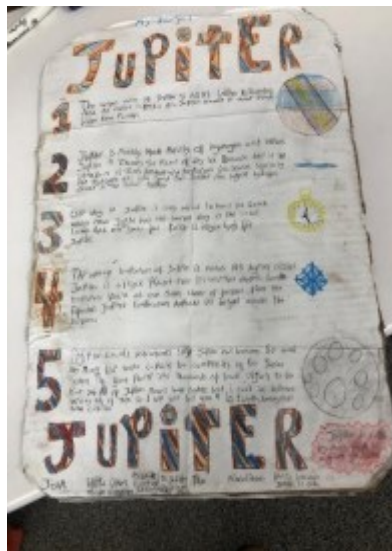
Steiner Class 6A

During this Semester Grade 6A have been focusing on Astronomy. The students have worked in groups of three or four to research various parts of our Solar system including black holes, meteorites and the planets, and dwarf planets. It has been a great experience for them to learn new information and develop new friendships in their groups. Below are some photos and quotes about the work they have produced.

This semester we started working on a group project. My group (Josh, Cocomi, Austin, and Harriet) are studying the lifecycle of the star, so far we know that the star has seven stages, Giant gas cloud, Protostar, T-Tauri Phase, Main sequence, Red Giant, The Fusion of Heavier Elements, and Supernovae and Planetary Nebulae. By Harriet

This semester in the Main Lesson we have studied Mineralogy and Astronomy. We are also currently doing a group project on black holes where we gather information and facts. We have done the sun, cycles of the moon, and the seasons, in the main lesson, it's by far my favourite main lesson. By Mirrin

I really liked the project we did for our Astronomy main lesson. Frankie, Holly and I all worked on a document about meteorites and had lots of fun while writing it. By Patrick.



Maths at EBPS

3/4 Mainstream Maths

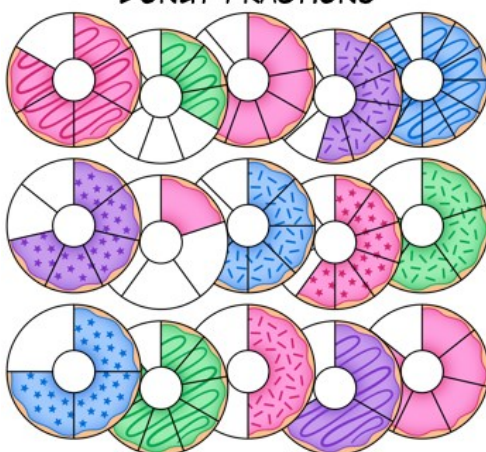


We are thrilled to share the exciting progress our 3/4 Mainstream students have made in their exploration of fractions. Throughout the past three weeks, our students have developed a strong understanding of dividing shapes to create wholes, a concept they quickly grasped through our engaging *donut fractions* activities. This exercise challenged them to create fractions with increasingly larger denominators, requiring accurate measurement of donut slice sizes.

In addition to this, our students had the opportunity to collaborate and work in teams during an activity focused on pairing images of fractions in real-life scenarios with their related number fractions. This task prompted them to think critically about improper and proper fractions, fostering a deeper understanding of these concepts. Once the classes had more confidence in these tasks, we challenged students to order the images from smallest to largest. At this stage, students had to compare fractions and it was inspiring to witness everyone's teamwork and the thoughtful discussions that arose as they navigated this activity together.

We are immensely proud of our students' dedication, enthusiasm, and growth in their exploration of fractions. These experiences have laid a strong foundation for their mathematical journey, and we look forward to their continued progress.

DONUT FRACTIONS



$$1\frac{1}{3} = \frac{4}{3}$$



Wellbeing at EBPS

Prep M - Zones of Regulation

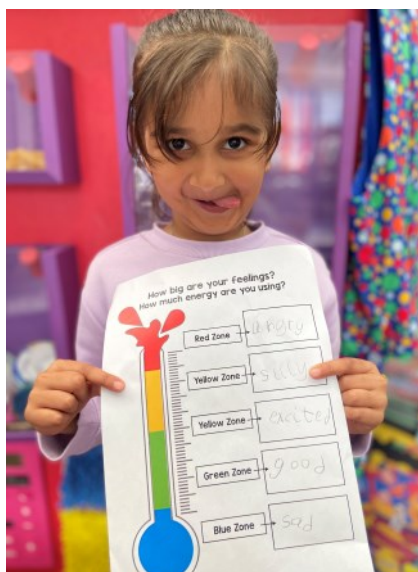
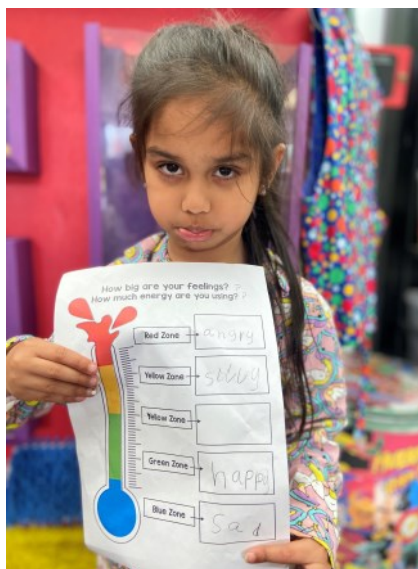
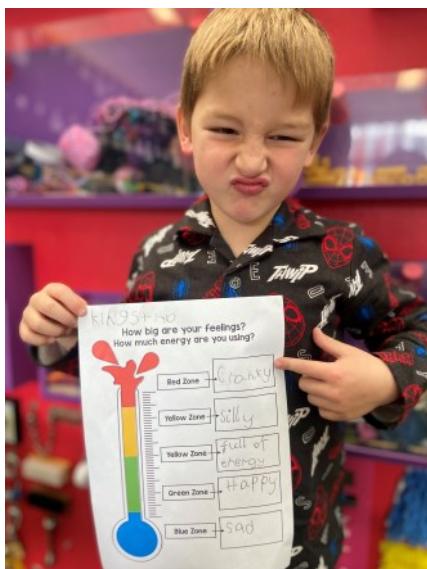
The Zones of Regulation chart is a valuable tool designed to help children identify, understand, and describe their emotions effectively. It is divided into four color-coded zones, each representing a different emotional state.

The Blue Zone represents low energy and sadness, while the Green Zone symbolizes a calm and focused state. The Yellow Zone signifies heightened emotions like frustration or excitement, and the Red Zone represents intense emotions such as anger or extreme anxiety.

By referencing the chart, children can identify which zone they are in at any given moment, which allows them to articulate their feelings more accurately.

Once they have identified their emotional state, students can then employ various strategies to self-regulate and manage their emotions. These strategies may include deep breathing exercises, engaging in physical activity, seeking support from a trusted adult, or engaging in calming activities such as drawing or listening to music.

By utilizing the Zones of Regulation chart and employing self-regulation strategies, students can develop emotional awareness, improve their self-control, and navigate their emotions in a healthier and more productive manner.



Learning Diversity @ East Bentleigh PS

Child Safety Standards

At EBPS, we are committed to providing a safe environment for all children. Below you will see the 11 Child Safe Standards that underpin our approach to Child Safety. All staff at our school have participated in Child Safety training and parent volunteers are asked to view our Child Safety presentation, located on our school website, prior to volunteering (links below). This ensures we can all contribute to a safe school environment.

Presentation Link: https://drive.google.com/file/d/1meLUBcllGh_28a8aFqRuv6ANWmUcJzk/view

Video Link: <https://fuse.education.vic.gov.au/Embed/KJ4HQQ>

Victoria's Child Safe Standards

Plain language summary

- 1** Your organisation welcomes Aboriginal children. You support them to express their culture and to enjoy their rights. You don't allow racism.


- 2** Child safety is important to everyone at all levels in your organisation. You document how you find, avoid, and stop risks of child abuse or harm.


- 3** Your organisation supports children to know their rights to be safe from abuse, informed, and involved. You help them to talk openly and take part in decisions that affect them.


- 4** Your organisation tells families and the community about what you do, and how you keep children safe from harm and abuse. You help families to have a say and to take part in decisions that affect their child.


- 5** Your organisation understands that every child is different and has different needs. You make sure that they can get the information and help that they need.


- 6** Staff know what they must do to keep children safe from abuse and harm. They record, report, and share information about child safety when they should. Staff who work with children have had the background checks they need.


- 7** Children and their families know how to make a complaint and what happens when a complaint is made. Your staff know how to respond properly to complaints.


- 8** Your organisation trains and supports staff to keep children safe from abuse and harm. Your staff know the signs of child abuse and harm and what to do if there are issues of abuse and harm.


- 9** Your organisation makes sure children are safe when they use your services, settings, and activities. This includes when children are online.


- 10** Your organisation checks and improves the ways you keep children safe from abuse and harm.


- 11** Your organisation has written policies about how you keep children safe from abuse and harm. They are easy to understand, and all staff follow them.



For more information, contact the Commission for Children and Young People
www.ccyp.vic.gov.au



MUSIC NEWS

Dear Parents/Carers,

As we sprint towards the finish line of Term 2 I would like to send my hearty congratulations to all students who made progress with their music studies.

Progress can come in many forms. As our lives become busier and we live in a world where we are time poor we can often feel discouraged with our lack of progress in what we do.

Music is a subject that takes patience, commitment, time and persistence and we don't often have the luxury of one, more or all of these elements. Even speaking from my own experience as a musician I am always chasing my tail between work, life and my performances.

What I do know is that every student makes progress the minute they pick up their instrument and walk to their lesson. It doesn't matter if they have had time to practice, or that they are having a good or bad day or week, the minute they pick up their instrument and come to their lesson or class orchestra they are one step closer to getting better.

Sometimes it's nice to know that even the simplest things should be celebrated.

Congratulations to all those students who have performed this term. It's been wonderful to see your progress and celebrate your achievements. Congratulations should also go to those students who have come in their lunchtime to support their peers. Even if you didn't perform your support and encouragement means so much to those who are sharing their talents with you.

The final week will be chock-a-block full of music with Soirées, Class Orchestra Concerts and hopefully some singing performances too. These performances will be posted on Compass so keep your eyes peeled for this.

Staff News

Congratulations to Lachlan who is going to Berlin, Germany for an Opera Camp from the 11th July to the 12th August.

He has been busily making up lessons this term in preparation for his absence but we send our best wishes and hope that he has an amazing experience.

He will be performing Orpheus in the Underworld and Magic Flute both fantastic pieces of music.

Next week and in the holidays I will be performing in two shows, Legally Blonde at the Frankston Arts Centre with Toorak College Mt Eliza on the 20th and 21st of June and You're a Good Man Charlie Brown at the Alex Theatre from the 16th – 2nd of July.

If you are looking for something to do in the holidays perhaps a visit to Luna Park and a show might be something you might like to do.

Have a fantastic break and look forward to seeing everyone in Term 3.

Felicite Heine - Instrumental Music Coordinator



VOICE TO PARLIAMENT

COMMUNITY INFORMATION NIGHT

YOUR QUESTIONS ANSWERED:

An ideal presentation for curious Australians who wish to understand the value of a Voice and have their concerns covered, without judgement.

FREE

21 JUNE 6PM
LLOYD STREET SCHOOL
GYMNASIUM
6 LLOYD ST, MALVERN EAST



Shelley Reys AO
KEYNOTE SPEAKER

- CEO, Arrilla Indigenous Consulting
- Partner and Board member, KPMG Australia
- Board member, Organising Committee for the Olympic Games
- Chair, Council for the Order of Australia

Shelley has been involved in Australia's quest for a reconciled nation since its formal inception in 1991. She is now a part of discussions surrounding the proposition of a Voice to Parliament with a strong emphasis on dispelling the myths surrounding this topic, in advance of the Referendum.



Visit <https://www.reconciliation.org.au/reconciliation/support-a-voice-to-parliament/>

INSIGHTS

by Michael Grose – No. 1 parenting educator



Wielding 'soft power' at home

Your parenting authority works well with easy, compliant children but teenagers and demanding kids require some pretty nifty communication skills if you are going to win their co-operation.

Many people ask me: "How do I get my kids to cooperate with me?" This question reflects a frustration that many parents have with their ability to influence their children. It's also indicative of the changing times in which we live where kids don't necessarily blindly obey their parents, as they did until a few generations ago.

As a parent you have two sorts of power: positional power and soft power.

Positional power is better known as your authority as a parent. Parenting has a huge vocabulary built around 'positional power' with terms such as discipline, punishment, child management and behaviour management to name a few.

When I began as a parenting educator 20 years ago the term 'parenting' was code for behaviour management. It was mostly about helping parents exert their 'positional power'.

The second type of power is **soft power** and is mostly about effective communication. It's about influencing rather than simply exerting your authority over kids. Interestingly, your authority works well with easy, compliant kids but teenagers and demanding kids require some pretty nifty communication skills if you are going to win their cooperation.

Don't get me wrong. It's okay to use your positional power. Kids need to know that someone is in charge. They need parents who feel comfortable in their role.

But relying solely on positional power is hard work. A statement directed at you by a child along these lines: "You can't make me do anything I don't want to do!" is a challenge to your position as parent.

When positional power fails, which it inevitably will, you can only rely on soft power to influence your kids. Here's the rub: there is nothing soft about it because it carries significant weight when all else fails!



Here are five ideas to make you less reliant on using positional power and help build your soft power skills:

1. **Get** your head around the fact that discipline (there's that positional power thing again) is not about winning and losing, but about teaching kids how to behave and be responsible for their behaviour. The key to successful discipline with adolescents is to speak to them in ways that don't threaten their need to feel like they are in control.
2. **Choose** a role model who wields soft power well and start to copy their way of speaking and acting with kids.
3. **Talk** about the difference between positional power and soft power with your partner or a friend to help you clarify the differences, as well as find an ally to support you.
4. **Make** soft power your priority for a week and see how it feels to influence rather than brow beat; to mediate rather than negotiate; to use consequences rather than yell when kids don't cooperate with your way of thinking.
5. **Practice** one skill at a time. Read books, blogs and other resources to help you understand more about soft power, then gradually practice and experiment with new ways of communicating with kids.

Next time you speak to your kids in a potentially tricky or challenging situation check to see if you are using positional power to win the situation or soft power to win the kids over to your way of thinking.

Hopefully, it's soft power that you are using to win the day!

Great ways to develop your soft power skills with Michael Grose:

1. **Subscribe to Happy Kids** – Michael's free weekly email guide.
2. **Download our free Parenting Ideas Skills Guide: 10 BEST tips** to get cooperation from kids without tears, fears or putdowns.

These great resources are waiting for you at Parentingideas.com.au/Parentingideas-Newsletter

parentingideas.com.au parentingideas.co.uk parentingideas.co.nz

Michael Grose Presentations

PO Box 167 Balmarrig Vic 3926 p + 61 3 5963 1798 f (03) 5963 1722 e office@parentingideas.com.au

All rights reserved. For more ideas, support and advice for all your parenting challenges please visit our website.

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Community Information

heartfulness ^{yoga}4u
advancing in love

YOGA
for unit wellbeing

Join us for a worldwide celebration of yoga, meditation, relaxation, and breathing for everyone from beginners to adepts.

Sunday 25 June 2023, 9 a.m. to 12:30 p.m.

**International
Yoga Day**



DR. ELIZABETH DENLEY
Heartfulness Institute
Yoga flow



ELIANE NAKAMURA
Heartfulness Yoga
Academy



AVRIL BURBIDGE
Moksha Yoga



**Moorleigh Community Village,
90-92 Bignell Road, Bentleigh East, 3165**

TO REGISTER



www.yoga4unity.com

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hfn.link/yoga4unityau

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TRADEMARK TENNIS



ABN 33 620 995 351

92 Bignell Rd, Bentleigh East 3165 (behind Moorleigh Community Centre)

School Holiday Program

What's on @ Maccabi Tennis Club?

Join us, keep active, & fit between

Monday 26 to Thursday 29 June 2023

Petite Tennis: 9.00 – 11.00 - \$35 per day - \$90 for 3 days

Junior Tennis: 9.00 – 13.00 - \$60 per day - \$170 for 3 days

Monday 3 to Thursday 6 July 2023

Petite Tennis: 9.00 – 11.00 - \$35 per day - \$125 for 4 days

Junior Tennis: 9.00 – 13.00 - \$60 per day - \$220 for 4 days

Designed for children to maintain individual attention within the group environment.

The program includes: warm-up, technical drills and fun ball games.

Make Up Lessons:

A good opportunity to do makeup lessons during school holidays if you missed lessons during term 2. We don't transfer make up lessons to the following term.

PLEASE NOTE: if you missed 45min , 1 hour or 1.5hrs lesson during the school term, you are only entitled for 45min , 1 hour or 1.5hrs free during the holiday program. NOT a full day!

Early drop off available from 8.30am / BYO lunch

Booking / Enquiries: E:info@trademarktennis.com.au / M: 0417 301 357

