

Principal's Report | - 3

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

- * Election Day BBQ/Cakes
- * Staffing & CRT's
- * Compass
- * 2022 Open Morning & BFM
- * Mid-Winter Festival
- * Mid-Year Reports
- * 2023 Prep Enrolments
- * Covid Update
- * 2023 Secondary School Placement
- * Kiss n Go area

BREAKFAST CLUB

8:15am-8:45am

in the PAC.

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

Please email Jane if your child has any food allergies

jane.ross@education.vic.gov.au

Thank you

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

Diary Dates

Open Morning & Bentleigh Farmers' Mkt - Sat. 28th May 9am-12noon

Audance Sessions - Mainstream Mon. 30th May 9am-1pm

Wed. 1st June Class 4 Concert - PAC at lunchtime

Free Parent Webinar - Thurs. 2nd June 7:30pm

Wed. 8th June Class 3 Concert - PAC at lunchtime

Wed. 15th June Class 5 Concert - PAC at lunchtime

Mid-Year Reports sent home - Wed. 15th June

Girls 5/6 Soccer - Thurs. 16th Jun 9am-2pm

Tabloid Sports - Whole School Mon. 20th June - 3:30pm

Parent Teacher Interviews - WEBEX Mon. 20th 2pm-8pm



East Bentleigh Primary School

Bignell Road
East Bentleigh 3165
Phone: 9570 3525

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

26th May 2022

Term 2 / Week 5, Issue 3

SCHOOL VISION:

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

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

Principal's Report - Maria Shearn

Hello everyone,

I hope that you are all managing to make the most of this recent glorious autumn weather as we move towards winter. The last few days, although fresh early in the morning, have had beautiful sunny afternoons to enjoy.

Election Day BBQ - Thank you

My heartiest congratulations to Rachel Jeffries and her large band of parent helpers who manned our election day BBQ and baked treats stall. Whilst it was quiet but steady early in the morning, I believe that it became much busier as the day progressed making the 500 sausages, we originally bought not sufficient. Thanks to the parent, (not sure who), who quickly zipped off to buy more for us. Everyone's combined efforts brought in \$1016.00, which will go towards putting new irrigation systems into our productive gardens that feed our wonderful kitchen garden program. Thank you!



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

Education Week

Victoria is celebrating Education Week 2022 from **Sunday 22 May to Saturday 28 May 2022**.

This year's Education Week theme, '150 Years of Public Education', commemorates the past, celebrates the present and imagines the future of education in Victoria.

Education has certainly changed over the years, and we are proud of the student leadership, voice and agency evident in our students of today.

Staffing and CRTs

You may be aware that schools are being impacted by relief teacher shortages. This impacts the running of school programs and, also leads to classes being split to accommodate this shortage. We will do our very best to cover staff absences but there will be times when we cannot book a teacher to cover a class. This may also mean that specialists and the leadership team may be required to cover grades/groups of students which impacts our availability for parent meetings or calls during the day. We appreciate your understanding and support as we do our best to navigate this issue impacting schools. A very big thank you to our staff for their flexibility too.

Compass

We will be transitioning to using the Compass School Manager App as our School Management System. We will be going 'live' with this management system from the beginning of Term 3.

Compass will provide you with a Parent Portal which will enable you to:

- *Book your Parent/Student/Teacher meetings
- *View up-to-date class and school attendance information
- *Approve or enter upcoming or past absences for your son/daughter
- *Download, print and approve upcoming excursions
- *Pay school fees, charges and contributions
- *Update your registered email and mobile number (used for SMS alerts) details
- *Access information regarding upcoming events and news
- *Book your Parent/Student/Teacher meetings
- *From 2023, Student Reports will also be on Compass

Accessing Compass

Compass is a web-based system that is accessible on any modern web browser or by using the 'Compass School Manager' app available for iOS or Android.

We will distribute your log in details towards the end of the term.

Compass Guide

Please see the below guide put together by the Compass Team to help you navigate the Compass platform:

<https://www.compass.education/guide>

2022 Open Morning and Bentleigh Farmer's Market - Saturday 28th May

We will once again be holding an Open Morning this year to coincide with our monthly BFM. After being closed off for the better half of 2 years, we are delighted that our classrooms will be open from 9am-12 noon on Saturday for parents and visitors to view all the great work that is being done in classrooms and have an opportunity to chat to teachers. We are really looking forward to welcoming many visitors to our school on that day.



Farmers' Market

A reminder too, that our monthly Bentleigh Farmers' Market will be held this Saturday. After missing last market The Orange Lady is back with new season oranges. With the cooler weather, time for a Coopers Pie, with many varieties available including a delicious wagyu beef & beer pie as well as chunky beef & mushroom, pies in individual and family sizes. Many thanks to our ever-willing volunteers who each month transform our oval into a bustling marketplace.

Mid-Winter Festival

A reminder that this simple festival will be taking place in the final week of the term on **Tuesday 21st June**, starting at 5.00pm. More details soon.

Mid-Year Reports

Class teachers are currently writing your child's midyear report. These reports will come home with your child on the second last Wednesday of term - 15th June. Please pencil in Monday 20th June to discuss the report with your child's teacher via Webex. Please look out for the note home from your class teacher.

Continued next page.....

Principal's Report - Maria Shearn

2023 Prep Enrolments

If you have not yet enrolled your child for Prep 2023, please contact the office for an enrolment form as soon as possible, or download one from our website. School tours are being held on alternating Tuesdays and Wednesdays at 9:30am.

We held our 2023 Prep information Night, in person this year last night in the PAC. This was a great opportunity for new families to learn more about our Prep programs directly from the Prep teachers. Thank you Sinead, Jazzy and Stewart for your excellent presentations and preparation for such an important event.

Covid Update

Please note that we are still receiving positive cases across the school so please continue to use RATs when symptomatic. RATs are also required to be used for 5 days if a student or staff member is a close contact of a confirmed case and they are attending or working at a school.

From Monday 23 May 2022, it will therefore no longer be recommended that non-symptomatic students or staff conduct RATs twice a week in mainstream schools.

Students and staff must continue to notify the Department of Health and their school if they return a positive RAT result. Face masks also can continue to be used by any staff or students who wish to do so, including those who are medically at-risk.

2023 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 2023. The state-wide placement timeline and procedures are as follows for those students wishing to enter a government school in 2023: -

" 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 were to be returned to East Bentleigh Primary School last week.

" We have now submitted 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 placement applications, in writing, in early August.

" Parents/Carers may commence lodging non-placement appeals for secondary schools after this time.

" Orientation Day will be conducted on Tuesday 6th December for Year Six students.

" These dates are subject to change

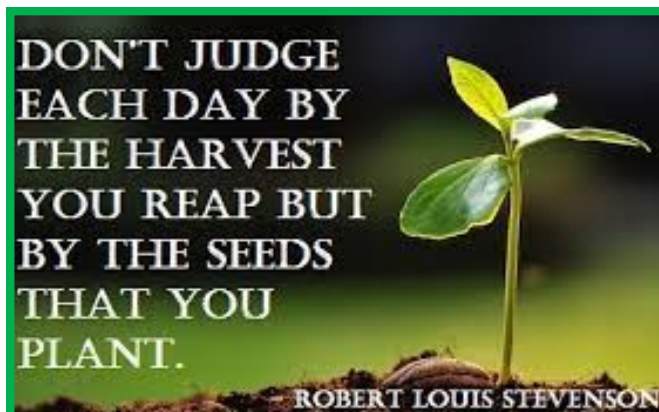
Kiss n Go - 2 minute parking

Unfortunately we still have parents/carers not using the Kiss n Go area as intended with one person causing quite a commotion yesterday. Please be considerate of others when using this area safely - it is only a quick drop off / pick up point with a maximum stopping time of 2 minutes. Vehicles must not be left unattended in this area.



Finally- Look who Milla and Holly ran into yesterday at the airport. We wish Sue and the Plummer family safe travels.

Thought



Until next time - Maria Shearn Principal 😊

Parent Information

Literacy @ East Bentleigh PS

Grade 3/4 Persuasive Writing

This semester grade 3/4G and 3/4S students have been learning how to write persuasive texts to convince readers of their opinion. One of the persuasive texts was advertisements.

We worked with a real food product – a sweet treat made from Cornflakes, butter and honey. The first step was to taste the product and then describe its features and think about who would be most likely to purchase the product.

We looked at a range of advertisements and packaging to learn the devices that advertisers use to persuade people to buy goods. Students then worked in small groups to think of a product name, as well as catchy captions and slogans featuring alliteration, statistics and emotive language.

The result was a very convincing advertisement for **Honeylicious Corncakes'**.

Jill Griffin & Amanda Kershaw
Literacy Co-ordinators



MPSSA District Cross Country

Last Wednesday, twenty-seven students competed at the MPSSA Cross Country event at Karkarook Park. It was cold and windy conditions that greeted us, but to the students credit they performed their best.

Special congratulations go to Indira. S (5A), who finished 7th in the 12yr Girls 3km race. Her efforts have seen her progress to the Division finals which will be held next Tuesday 31st May.

Thanks to Tanja and the parents who helped as volunteers during the day.

John Seeary - PE Teacher



Maths at EBPS

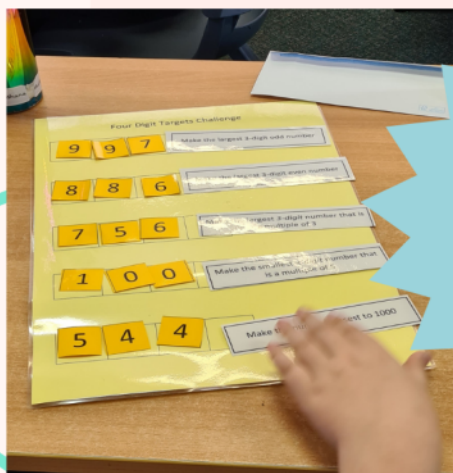


YEAR 3 AND 4 MATHS

In 3M, 3D, 4L, 34G, and 34S we regularly solve challenging maths tasks that involve multiple strategies and multiple answers. In this particular task we had to know:

- How to form odd numbers
- How to form even numbers
- How to find multiples of 3
- How to find multiples of 5

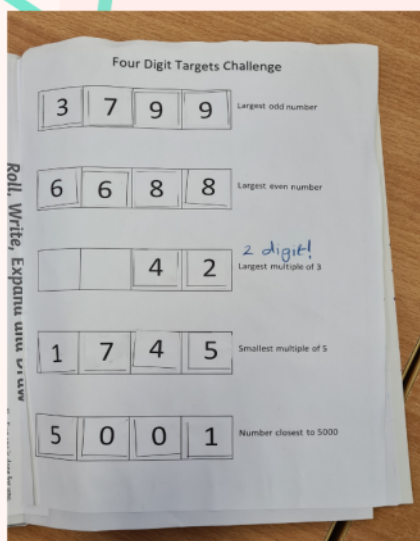
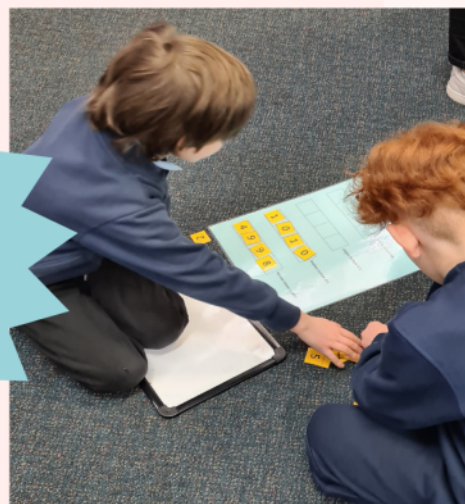
Using two sets of the numbers 0-9 we then had to arrange the numbers to reach the target number or as close as possible.



Did you know?

Multiples of 3 can be found by seeing if the sum of the digits is divisible by 3!

Multiples of 5 always end in 0 or 5!



Thoughts from our Year 3s and 4s

VH – My partner and I really enjoyed doing it and I like the teamwork we used to solve the problems.

CW – I liked making the smallest and biggest number.

MG and HM – We liked how there were lots of different answers.

JL – I liked learning about the odd and even numbers. The hardest part was working backwards.

JC – I liked how it was challenging because multiples of 3s was tricky and there were so many ways to do it.

If you would like to have a try, google **four digit target maths** for an offline and online version

Wellbeing at EBPS

Wellbeing in 1K

During our Social and Emotional sessions in 1K we have been discussing many different ways we can help our friends and also how to help regulate our feelings and emotions.

Bucket Filling

Bucket Filling is making someone happy by when you say "I love you." – Yasmin

Bucket Filling is when you do something good to someone like if your friend is left out you can ask "Would you like to play with me?" - Toby

Bucket Filling is when someone is left of a game and they don't want to play, you can change the game so they can still have fun.
– Maelie



Zones of Regulation

The zones of regulations are our different feelings. There is calm, happy and focussed (green), angry (red), silly (yellow) and sad (blue).



If you are in the red zone (angry) you can take some deep breaths. – Simon.

If you are in the yellow zone (silly) you can shake it all out with some movement. -Bradley.

If you are in the blue zone (sad) you can meditate.
– Bordeaux



If you are in the green zone you are ready to learn at school. You're happy and focussed and you can do more of your work and enjoy the rest of the day.
– Koda



Positive affirmations.



Our inspiring positive affirmation wall encourages growth mindset, self-confidence and self-belief.

When you're not feeling well, you can take deep breaths, have a rest in the reading corner and look at yourself and choose some positive sayings. – Blake.

It is important to have good thoughts about yourself so you can try new things. -Ariel.



Amanda Kershaw – 1K teacher

CLASS 3M & 3D – Learning together and having fun!

Over the last couple of weeks 3M and 3D have taken advantage of the opportunity to join together for some of our learning activities. Last Thursday, we were able to enjoy some late Autumn sunshine together as we acknowledged the passing of the season. We could feel the chill of the coming Winter in the air. The children had a lovely time working with clay to make an Autumn inspired disc. We then shared seasonal treats including popcorn, sesame seed and pumpkin seed snacks.



Yesterday, we were again blessed with perfect weather as we measured out the dimensions of Noah's Ark, moving on from our Hebrew Tales Main lesson into our new Measurement Main Lesson focusing on length. The children each measured and cut out their own cubit to use. They then had to work collaboratively to measure out the length and width of the ark using their skills in teamwork, mental calculations and understanding of fractions. Many were surprised that the ark was longer than the oval, with our measurements extending out past the school fence line.



Melinda Cole & Dagmar - Class Teachers

INSIGHTS

by Michael Grose – No. 1 parenting educator



Helping kids be brave

Anxious kids, like worriers and sensitive types, benefit from a parenting style that is empathetic but at the same time empowers them to tackle their fears.



Currently around 11% of children have problems coping with anxiety. Around 3% experience some form of depression.

As reported on the Kidspot website, Macquarie University psychology lecturer Dr Carolyn Schniering has stated that anxiety problems are the most common emotional disorders that children experience.

It's important to understand that anxiety is not something to be afraid of. As Dr Schniering says, "It's a normal emotion and an important part of how we engage with the world."

Experiencing some anxiousness in new social situations or some specific situations such as around water is quite normal and, in some regards, healthy. It's not healthy when anxiousness stops kids doing things they want or are able to do or interferes excessively with their school or pre-school experiences.

Genetics plays a part

Macquarie University research shows that children who display high levels of anxiety from a young age, and who have a parent who is excessively anxious or depressed, are seven to 11 times more likely to develop long-term anxiety.

This finding supports my experience that **anxious parents beget anxious kids**. But it's not that simple.

Some children are simply more prone to experiencing excessive anxiousness than others. These kids are typically classified as

worriers, shy types and more sensitive souls who wear their hearts on their sleeves. (I've parented one of these types and I learned first-hand that some situations they experienced needed to be handled with some parental care and attention!)

I want to stress that these children are not necessarily going to experience debilitating anxiety. However, they do benefit from a parenting style that is sympathetic while empowering them to tackle their fears.

It's worth noting that if you yourself are overly anxious or experiencing depression, **then self-care needs to be your first priority** before you can assist your kids.

When should I worry?

Dr Schniering says, "As a rule of thumb, parents should be more concerned if the fears or worries they experience become excessive and their child is unable to deal with every day life."

I would also add that when children become **overwhelmed** by their fears it may be time to seek professional help. A first port of call may be a General Practitioner or your child's school. (Our research shows that parents are more likely to seek help from their child's school than their GP; however, my experience has been that local doctors often have a good handle on these issues as well as knowledge of local providers.)

Helpful parenting practices

Before looking at helpful practises, let's quickly list some practices that are unhelpful for parenting anxious kids:

► Fixing kids' problems.

Jumping in too soon only increases anxiety and doesn't enable kids to build their capabilities.

► Allowing avoidance.

Letting kids escape new or fearful situations validates their fears.

► A 'get over it' attitude.

There's a difference between "You can do this!" and "For goodness sake, get over it!" The latter often comes from parent impatience and stress.

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Okay, now for the helpful parenting practices for kids who are **anxious**. These include:

1. Skilling towards bravery. Help kids face their fears by skilling them, e.g. *Look around for a friendly face when you go to scouts*. You need to put on your coaching hat to build skills and self-confidence, which defeats anxiety.

2. Scaffolding towards bravery. Rather than avoidance allow kids to face their fears in stages, e.g. *Let's go to the party for an hour then I'll pick you up*. By breaking things down into smaller stages kids feel that they are more in control. Lack of control is behind a great deal of anxiousness in adults, as well as kids.

3. Be empathetic, not sympathetic. There is a difference. Empathy shows you understand how they feel; sympathy can be maudlin, leading you to pay excessive attention to the fear as well as letting them off the hook. Kids need a supportive adult who says, not necessarily in these words, "I know how you feel but I also know you can do this."

4. Creating opportunities for independence. Competency is the enemy of anxiety. Building children's self-help skills and their independence outside of the home has a snowball effect on how they feel about situations that they usually fear.

5. Model bravery. Okay, you knew I was going to mention this. But if you want kids to be brave **then you go first**. Your calmness, patience and willingness to methodically work your way through new situations will have a calming effect on kids. (Good leadership is basically about staying calm in stressful situations.) Modelling also shows them how fears of new and unknown social situations, and even specific fears such as going to the dentist, can be handled positively.

It's worth noting that most kids grow out of their anxiety given attentive brave parenting.

As a general parenting strategy I recommend that you take a strength-based approach (which is what I'm banging on about all the time) and focus on building children's strengths and assets to help them overcome fears. At the same time recognise that some children may need extra assistance from time to time as a result of their anxiety.

Get your 10 ways to promote Good Mental Health & Well-being in Kids poster at

www.parentingideas.com.au/ParentingIdeas-Newsletter

Subscribe to *Happy Kids*, the **FREE** Parentingideas weekly guide while you are there.

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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

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