Principal's Report 1-2

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

- * Principals' Conference
- * Mid-Year Reports/Parent Teacher Webex Interviews
- * Drop off/Pick Up Kiss n Go
- * Punctuality
- * Woodworking Program
- * Midwinter Festival
- * Parent Education Webinar Series
- * Congratulations Sola

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

 $\underline{jane.ross@education.vic.gov.au}$

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 <u>reason for</u> <u>the absence</u> so that we can accurately record it.

**A <u>signed note</u> by you is also required - to be handed to the class teacher for <u>each</u> absence.

Diary Dates

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

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

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

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

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

Tues 21st June - Midwinter Festival Preps to Year 3 5pm-7pm

Last Day Term 2

<u>Early Finish 2:30pm</u>

First Day Term 3 - Monday 11th July

Department of Education and Early Childhood Development



Bignell Road
East Bentleigh 3165
Phone: 9570 3525
Email: east.bentleigh.ps@education.vic.gov.au

9th June 2022

Term 2 / Week 7, 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.

Principal's Report - Maria Shearn

Hello everyone,

On Monday 30th and Tuesday 31st May, I attended the State Principals' Conference in the city with a very apt theme of 'Stronger Together. Every Student. Every School'. The conference was an opportunity to reflect on where our school is currently at in achieving our vision and goals and what further areas we can turn our attention to. It was also the first time state Principals were able to meet in person for over 2 years. My attendance at the conference was made possible by my trust in our fantastic staff. I would like to acknowledge our 2 Learning Specialists, Lee Jellis and Aaron Jones who each enjoyed a day as Acting Principal in my absence. They are both great assets to our school.

Mid-Year Reports/Parent Teacher Interviews

Parent Teacher interviews via Webex will be held on Monday $20^{\rm th}$ June beginning at $2:00 \, \rm pm$.

Hard copy notes advising of arrangements went home yesterday. Please advise your class teacher if you have not received yours. Children will be at school during this time and will be involved in a tabloid sports type activity.

Teachers have been working hard on finalising the children's reports. In the absence of Sue Jackson who usually manages the printing of the reports I'd like to acknowledge and thank Bill Portelli who with the assistance of the administration team has stepped in to ensure reports will come home on schedule this year. Thank you, Bill. I hope that all parents read carefully the information provided in these documents as it will be useful to children and parents alike in setting realistic and challenging goals for the future. The children's individual written reports will be coming home on Wednesday 15th June.

Drop Off and Pick Up/Kiss and Go area

Thank you to those parents who are using this space as intended. A reminder that if you use the Kiss and Go area to drop off your child remember there is a **2 minute limit** and that you may not leave your car at any time. It is also not an area to wait for your child at the end of the day. The efficient use of this area relies on the flow of cars moving through it and becomes dangerous when used incorrectly as it has done far too often lately by an inconsiderate few. Glen Eira council officers will be patrolling the area over the coming weeks. Please remember that doing U-turns on the very busy Bignell Road in the mornings and afternoon is an accident waiting to happen. Please refrain from doing this.

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

Punctuality

I have noticed that many students are arriving late for school on a fairly regular basis. Sadly this is a situation that can have a negative effect on the education of not only those students who are late, but also the other students in the

What impact does being late have on the student?

Students who are late, miss a lot of instructions and information about what is happening, not to mention important learning sessions. This means that they must catch up somehow. Students also miss out on catching up with their friends in the playground before school. Students can feel unsettled, disorganised and unhappy for the rest of the day and it can take them some time to complete and understand the work that they have missed. It is similar to being late to see a movie and not being able to understand what's happening because you have missed out on who the characters are and what the plot is.

How does it affect the other students in the class?

Students who are late have an unsettling effect on the rest of the class. Because not all late students arrive at once, the interruptions go on until the last student is settled. Students who are late often have things that need to be done prior to them joining the class and this causes even more disruption. Sometimes other students have to wait to get the teachers attention and important issues can be forgotten.

Why does student lateness cause difficulties for the teacher?

The teacher has a certain amount of material and activities to cover each lesson. Also, organisational issues are usually dealt with at the beginning of the day. Teachers can become increasingly frustrated when late students continually and repeatedly interrupt their planned routines, as they have to stop teaching to deal with the issues

We are all human. Cars can break down and unexpected situations can occur. We know that family morning routines are not always straightforward. If you are experiencing problems, speak to us, as we may be able to offer suggestions to help. We are happy to accept that students will be late on the odd occasion because of unforeseen circumstances. However, arriving late on a regular basis is not acceptable.

Remember

A student who is half an hour late each day misses the equivalent of 16.6 days of learning each year.

Woodworking Program

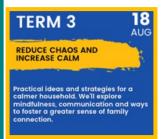
Many weeks of hard work are now coming to fruition for the participants of the woodworking program with our generous volunteer teacher Michael Zeeng. Well done to you all.

Mid Winter Festival

A reminder that this wonderful annual festival held as close to the winter solstice as possible ie. the shortest day of the year, will be held on Tuesday 21st June. An email was sent home to P-3 families yesterday with the details.







Parent Education Webinar Series

Last week's Term 2 Parent webinar, Managing Anxiety & Other Big Feelings For Tweens, was an excellent presentation. If you missed it you can access it on the link below until June 30th. https://youtu.be/Lh1soYGvPBQ

Advance notice for your diaries- Term 3 offering.

Congratulations to our very talented ballet dancer, Sola from 6T who will be performing with the Australian Ballet in their production of 'Harlequinade'. Sola will be playing the role of child Pierrot. What a wonderful opportunity and an unforgettable experience this will be for Sola and her fellow dancers in the children's cast. Opening night is Friday 17th June and they will also be 'live streaming' their performance on Friday 24th June - please use the link below if you would like to view this wonderful comical production.



https://australianballet.com.au/the-ballets/harlequinade

Thought





Literacy @ East Bentleigh PS

Writing Assessment at EBPS

Every term the students at EBPS complete 1-2 formal writing assessments. The assessments are based on some of the writing genres taught each year: recounts, narratives and persuasive texts. In term 1, students from years 1-6 wrote a narrative titled 'The Toy That' Came to Life'. Before writing students in each class reviewed the features of a narrative and discussed possible settings, characters and plots. Students receive the same level of discussion and support before writing. Teachers then work in their year level groups to assess the writing, moderate and plan for future writing instruction. Here are two examples of this writing task from Class 5A. Literacy Coordinators - Amanda Kershaw and Jill Griffin.

The Toy That Came to Life

Creak ... My bedroom door yawns open and I sit bolt upright. I turn on my reading light and peer over the edge of my bed. My sister's doll is lying on the floor. I shiver, that thing gives me the creeps. It's nothing, I remind myself. I turn the light off. Just as I begin to drift off, the doll is on top of me.

I scream. Glass breaks, the doll giggles and I end up in a heap on the floor. I scream again. The doll is still on my bed. I shake my blanket off and run down the stairs, convinced that it is following me. I hit the door just as I see the doll.

"I'm Susie sunshine," it says. "Will you play with me?"

I bolt out the front door and slam it shut behind me. Hail pelts my face as I look for a place to hide. I make a mental map of the neighbourhood. The supermarket - the vet - the pay phone box! I dash inside and dial a number. My best friend Max picks up. He groans.

"Hello ... Max Albert speaking."

"Hi Max. "It's Joe," I say.

"I'm being chased by an evil baby doll. Could you help me?" Max hangs up. I sigh. Trust him to abandon me during a crisis.

"Where are you Joe?" says the doll. It's getting closer. I look around for an escape route, then it hits me.

...

I'm climbing the drain pipe of number 65. Okay, maybe it wasn't such a good idea. I pull myself onto the roof. I turn around. The doll is standing there smiling its evil little smile. Startled, I jump back ... off the roof.

I open my eyes. It's dark. Creak. My bedroom door yawns open and I sit bolt upright. I turn on my reading light and peer over the edge of my bed. My sister's doll is lying on the floor By Patrick T.

The Toy That Came to Life

As rain poured and thunder crashed, lightning threw itself onto the walls revealing a small shadow in the shape of a bear, but as soon as I blinked it was gone. I rubbed my eyes and slowly wobbled out of bed. I went to get a drink from the kitchen, although when I checked my watch it was midnight. As I walked down the stairs I could hear footsteps behind me.

"Hello is anyone there?" I called out as my voice echoed against the now silent walls. I kept on walking, before I heard a voice that sounded a lot like my own, but creepier and softer at the same time.

"Why don't you play with me anymore?" I heard the voice call out. I quickly shot around and to my surprise my old teddy bear was standing there.

"What the..." I blinked and just like the shadow it was gone. I kept walking, ignoring what I had recently seen. Just then he appeared in front of me! "W-what do you want?" I asked in pure shock.

"I just want you to play with me again," said Mr. Flinkadoodles.

"Oh," I said, sorrowfully. I picked him up and gave him a hug. "If that's all you want then ... I'll gladly play with you." His stuffed little face gleamed with joy as I quickly tip-toed back to my room. I put on my dressing gown and slipped out through the window with Mr. Flinkadoodles of course. I found a nice tree, I climbed up and sat on a big thick branch and placed the bear beside me. As we looked up at the stars I realised how grateful I was to have a teddy like him. My eyes slowly drifted together and I fell asleep.

The next morning, I woke up and I was in my bed. Was it just a dream I thought to myself? I walked down the stairs to the kitchen only to find Mr. Flinkadoodles sitting on the barstool, as he gave me a wink, he said something. "All great things must come to an end." And with that, he slowly but sadly started floating away until he was just a speck in the sky and another great thing on this earth. Although I was quite sad, I was happy that another child would get to meet a teddy like him. By Stephanie S.



Maths at EBPS



MAV Maths Leadership Conference

This week Aaron and Tanja represented EBPS at the Mathematics Association of Victoria Maths Leadership Conference.

They further developed their understanding on mathematics mastery, challenging tasks and leading whole school approaches in mathematics.

Both are looking forward to sharing their learning and working with all teachers to further build our mathematics program at East Bentleigh.

From the Maths team at East Bentleigh – Sinead, Aaron, Emma, Andrea and Tanja



Year 5 - Bike Education

Last Thursday, our Gr 5 students began a four-week Bike Education program facilitated by 'Cycling Unlimited'. The focus of the program is on bike handling, emergency braking, hazard identification, traffic awareness and group riding.









Wellbeing at EBPS

Social Emotional Learning Programs

Social and emotional learning is not therapy. Therapeutic support continues to be important for those with heightened needs. Rather, these programs are a form of learning.

These programs support children's social, emotional and relational wellbeing and help them develop key skills to enable them cope with the ongoing challenges of everyday life.

They can provide learning activities to help children develop knowledge and skills to understand, manage and communicate their own feelings and emotions and to feel and demonstrate empathy for others, as well as establishing and maintaining helpful relationships.

They can help children set and work towards their goals, help them develop a range of productive coping strategies they can draw on, think critically about what influences their choices and decisions.

DET has provided tools to help parents use some of the learning activities from our Resilience, Rights, Respectful Relationships program with their children. I invite you to explore the link below. It contains lots of activities and conversation starters you can engage in with your children.

https://www.education.vic.gov.au/Documents/parents/family-health/parents-wellbeing-activities-primary.pdf

Here are the Positive Coping examples from Prep - Year 6

Preps Years 1/2 Years 3/4 Years 5/6



Positive coping

Goal: Identify positive ways to cope with negative emotions.

Activity: Come up with five things we can do to feel better when we are sad.



Positive coping

Goal: Discuss ways we can cheer up and calm down.

Activity: Discuss with your child:

- When I feel lonely, I can...
- When I feel angry, I calm myself down by...
- When I feel sad, I can...
- When I feel bored, I can...

Goal: Talk about fears and how to cope with fear.

Activity: Talk about:

- Things that make me afraid are...
- When I feel afraid, what are some things we do to help us manage our fears.



Positive coping

Goal: Try a self-calming technique to calm down when we feel hurt or angry.

Activity: Try the Robot to Rag doll technique with a family member. Scrunch up tight and hard like a robot, then slowly let go to turn yourself into a floppy rag doll.

Goal: Reflect on the impact our actions can have on others and learn how to make a meaningful apology.

Activity: Talk to a family member and ask them: What is an apology? What does it feel like when someone apologises to you? What are the ingredients of a good apology?



Positive coping

Goal: Think positively.

Activity: Encourage your child to leave a positive note for someone at home to find.

Goal: Practice positive coping strategies.

Activity: Choose an activity to do with your child.

- Draw a picture together
- · Listen to soothing music
- Give each other a hug
- · Do a favourite hobby

Get some other ideas from https://fuse.education.vic.gov.au/Pages/funathome

Reflect on how it made you feel to do this together.

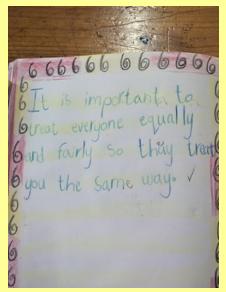
Lee Jellis - Wellbeing Coordinator

National Reconciliation Week

During National Reconciliation Week our Class 2D explored ways to treat everyone with respect. We also explored the theme for the week 'Be Brave. Make Change'. We traced our hands and decorated the shapes with the Aboriginal colours. We also wrote sentences and created drawings exploring our thoughts.



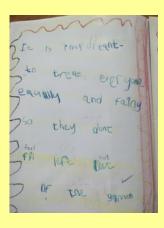


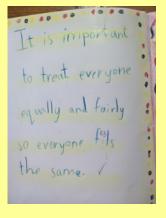














Donna Leibowitz - 2D Classroom Teacher

GARDEN NEWS

Reconciliation week - Garden classes have spent 2 weeks learning and re-enacting local First Nations creation stories as part of Reconciliation week connections. We are lucky to have so many published resources available now by indigenous elders who are reviving their sleeping languages, like Boonwurrung and Woiwurrung.

We explored the **Jiddelek** Gunai/Kurnai frog story, the Wurundjeri **Dulaiwurrang** platypus creation stories and the **Bundjil** (Eagle) story by N'arweet Carolyn Briggs. Each dreaming or creation story has many layers of deep messages and knowledge and retelling this story ensures you think deeper and deeper about its messages about social order family and community, ethics and morality, sustainability and survival, seasonal changes and correlations, geographical formation and historical events, connection between plants and animals and weather, problem-solving, peace and harmony. And so much more!! We are also learning the local Boonwurrung names for many local bird species, some of which call our school home!

Junior Landcare Community connection - Year 6 students and staff braved Antarctic conditions with local naturalist Gio Fitzpatrick for a 2 hour incursion deepening our knowledge and improving our Biodiversity corridor project as part of our 2021 Junior Landcare Grant. Gio helped us transplant many Creeping mistletoe seeds on its favourite host trees (Black wattle, River Red Gum and Pinoak) and explained how important this species is (and black wattle) as a "keystone" species in kickstarting an ecosystem.



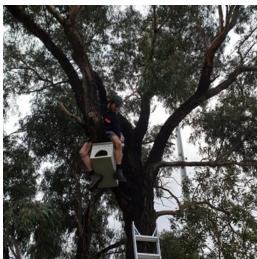




Gio also helped install our **Tharowerag** (Kookaburra) and **Mukmuk/Tulum** (Boobook/Wood duck) habitat boxes in two trees on the other side of the oval. Corellas came to inspect the boxes within a minute!

We hope to get Gio back for a nocturnal animal study at school in term 3 when we put up our microbat box and monitoring camera and use sonar to record what species of bats visit our school at night.





Harvest - Just in time to lift our spirits during these gloomy westerner days, our incredible Imperial Mandarin tree has showered us with another bumper crop of the most delicious fruit full of summer sunshine goodness!

Irrigation - Last but not least thanks to the volunteers who helped our schools polling station on election day and all those who bought a sausage, funds raised helped install a new irrigation system in the Kitchen garden which now uses rainwater harnessed from the giant PAC roof for watering our school crops. We are looking forward to yielding reliable summer crops for Term 1 and reducing our water bills for the future! Thank you Maria Shearn and School Council and community for helping fund this important sustainable infrastructure.

Pascale Jacq - Garden Specialist



Guiding children's growth

Newsletter





A message from your Coordinator

Hello Everyone,

We are already in the final few weeks of term 2 and it was wonderful feeling to know and connect with so many new families and getting positive feedback. The last two weeks of term 2 have been very busy as we shuffled with our resources and created a new look to our OSHC service.

In the last two weeks we celebrated Interactive week and National Reconciliation week with activities such as

- · Name tags for school bags
- Bracelet making
- Kinetic sandcastles
- Reading books about Aboriginal culture
- Lego construction

In the coming two weeks we will be guiding children's growth with craft activities, painting, and construction themes. In the Term 3, we are introducing mindful yoga for children, including the breathing and relaxation techniques. If you have any questions regarding our program plan, please call us on 0422836342 or can visit us in the school library.

Thanks & warm regards

Nidhi Srivastava

Activities coming up

- Thumb painting
- Shrink sheet animal design
- · Felt sheet crafts

What's on the menu

- Choco banana muffins
- Rainbow pancakes
- Honey joys

It's free to register

To attend our program, you must register your child. You can register an account with us at pp.campaustralia.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







A Guide To Self-Care and Wellbeing During Times of Uncertainty.

In times of uncertainty, it is normal and natural for children and adults to respond in unique ways. It can be helpful to focus on the aspects of our lives that we can control like caring for our physical health, safety and emotional wellbeing.

"The only thing in life that is permanent is change.

Change is the one constant in life"

Steps for Self-care

There are things you can do to support yourself, your friends and your family:

- Listen to your needs and your own advice
- Offer kindness for yourself and others
- Stay connected with others by phone and online
- Keep informed just enough information from reliable sources
- Maintain a healthy routine diet, activity and sleep
- Focus on the things you can control versus the things you can't
- Reflect on past success recall a stressful time and reflect on the things that helped

- Learn a new skill and make plans for the future
- · Help others if and when you can
- Seek support It's okay to ask for help and advice
- Build hope Focus on 3 things you are grateful for.

You can't pour from an empty cup.

Look after yourself so you are better able to help the children and young people in your care.





Parenting Article

Ideas to Help the Children and Young People in times of Uncertainty ...

In times of uncertainty and change, it is normal and natural for children and young people to respond in different ways. Adults can play a vital role in supporting children and young people through the experience.

How may Children and Young People Respond?

- · Worried, clingy and uncooperative
- · Sad and angry one minute, okay the next
- · Frightening thoughts and nightmares
- · Regression to earlier behaviours
- · Stomach aches and headaches

Adolescents may react in similar, but different ways:

- Mood changes
- · Tired and distracted
- · Retreating from social networks
- · Sleep problems and headaches

Help Your Child or Young Person

- · Offer your attention, patience and love
- Calmly listen to your child's story and encourage your child to ask questions
- Acknowledge and affirm your child's feelings and help your child to identify helpful ways to manage the feelings
- Encourage your child to ask for help from trusted adults
- Involve your child in decisions that affect them
- Respond to your child's questions with clear and factual age appropriate information
- Model positive ways to cope and prioritise quality time together

Helpful Hint - children and young people respond in unique ways and it is helpful to recognise if your child or young person is behaving differently.

Other Ways to Help

- Maintain daily routines as much as possible
- Stay social create ways to connect with special people and loved ones
- Get active go for a walk, listen to music, sing, play with a pet
- Be curious learn a new skill or research an interesting topic together
- Help others encourages social connections and an "I Can" attitude
- Plan fun activities to look forward to

Find helpful resources, updates and training dates at goodgrief.org.au



Advertising

<u>Advertising Disclaimer</u>: 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



QUOTE THE CODE 'ACHIEVE' FOR YOUR EXCLUSIVE OFFER!

RECOMMENDED BY LA TROBE UNI

• 30+ YEARS OF EXPERIENCE







NOW OFFERING THE CONVENIENCE OF ONLINE TUTORING!

- SCHOLARSHIP Preparation
- NAPLAN Preparation
- Reading & Comprehension
- Writing & English
- Extension
- Maths
- Spelling
- Reasoning



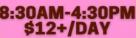
(03) 9882 8777

• Armadale • Brighton • Doncaster • Glen Waverley









APPROVED BY DEPARTMENT OF EDUCATION CCS APPLIES













WWW.SPRINGVALEINDOORSPORTS.COM.AU/SCHOOL-HOLIDAYS

Healing The Inner Child



Many of our habitual thoughts and emotional patterns are driven by experiences we had during our childhood, resulting in emotional baggage being carried to adulthood and preventing us from fulfilling our true potential.

Opening our hearts to embrace our inner child assists us in breaking through the barriers and restoring growth and inner peace in our lives.

In this experiential workshop, we will explore how we can use mindfulness practices to connect, communicate and embrace our inner child.

We will use varied mindfulness practices, meditation, intuitive writing, drawing, and more to create a meaningful and safe healing journey. Please note: tickets to this workshop are selling fast. Booking is essential.

Iris Bar is a mindfulness therapist, a Steiner early childhood teacher, and a mindfulness & meditation teacher (www.irisbar.com.au)

For tickets, follow the link below or scan the QR code https://www.trybooking.com/BZDDM



Where: The Loft 28 Mernda ave Cheltenham When: Sunday the 19th of June from 2-6 PM.

Investment: \$140 Early Bird \$111 Before the 12th of June







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 27 June to Thursday 30 June
Monday 4 July to Thursday 7 July

Junior Holiday Program:

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

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





Advertising

<u>Advertising Disclaimer</u>: 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



