

Principal's Report | - 2

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

- * School Review
- * School Council
- * Farmers' Market
- * Prep Spring Festival
- * Dance Performances - 5L & 3EB
- * Preparing for Summer and Thunderstorm Asthma
- * Planning for 2024
- * Happy Holidays * Last Day of Term 3



East Bentleigh Primary School

Bignell Road
East Bentleigh 3165
Phone: 9570 3525

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

14th Sept 2023

Term 3 / Week 10, Issue 5

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

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.

KISS & GO - DROP OFF/ PICK UP ZONE

STAY WITH YOUR CAR

2 MINUTE LIMIT

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

School Days

Diary Dates

Mainstream Dance Performance -
Fri 15th Sept 2pm in PAC

Last Day Term 3 - Fri 15th Sept
** Early Finish @ 2:30pm **

First Day Term 4 - Mon 2nd
October - start @ 8:50am

Yr 5/6 Talk About it Program - Monday
2nd and Tuesday 3rd October

FREE - STEM Theatrical Performance Preps
to Yr 4 9:30am in the PAC

Yr 5/6 Cricket Blast - Thurs 12th Oct

FRENCH PLAYS - Mon 16th & Tues 17th
October

Student Led Conferences - Prep to Yr 2
3:30-5:30pm - Monday 23rd Oct

Student Led Conferences - Yr 3-6
3:30-5:30pm - Tuesday 24th Oct

EBPS Art Show - Fri 27th Oct - Sat 28th Oct

Bentleigh Farmers' Mkt - Sat 28th Oct

**STUDENT FREE DAY - MONDAY 6TH NOV

MELB. CUP PUBLIC HOLIDAY - TUE 7TH NOV

1M Cranbourne Gardens - Mon 27th Nov

Yr 5/6 Rugby Tag Carnival - Wed 29th Nov

Principal's Report - Maria Shearn

Hello everyone,

Can you believe that we are at the end of 3rd term already? I simply can't believe how quickly the time flies while we are here at school, although as I always say, when I do have time to sit and reflect on all we have achieved I sometimes wonder how we fit it all in! We certainly could not achieve all that we do without the great support we get from our parent community, please accept my gratitude and thanks on behalf of all school staff.

We have had another very productive term, with lots happening around the school. Next term is the last for our Year 6 students who will be busy honing their skills for their graduation performance and an exciting time for our prospective preppies, who will be participating in our transition program in November.

As Term 4 is traditionally the busiest in our calendar it is important that you read the attached Term 4 calendar carefully as events are added to it frequently.

School Review

Our school was also involved in this extremely rigorous process through this term. Whilst very time consuming, the review has afforded us the opportunity to forensically look at our structures and processes; celebrating the things we do extremely well and identifying areas for improvement. Once complete the review report will be uploaded to our website for all community members and staff focus groups to read. Your honest feedback has allowed us to identify the priorities for the next steps in our educational journey. The review will inform the development of our next 4-year School Strategic Plan.

School Council

Do you want to know how our school operates from the inside? Our school council which is made up of parents and teachers has a casual vacancy for a parent representative for the remainder of this year and 2024. If you think this is for you and /or have any questions, I'm sure any parents on school council would be happy to talk you through their experiences this year. Our parent reps are: Helen Woodruff helenilwoodruff@gmail.com, Leah Moore tamjewellery@gmail.com, Julia Kahan julia.kahan@gmail.com, Rachel Jeffreys rachel@heypup.com, Emily Jones emily.jones@dhhs.vic.gov.au and Lisa Vance lisavance2@gmail.com. Alternatively you could pop into the office and chat to Sue or I about what the role entails.

Farmers' Market

Our next Farmers' Market is on September 23rd which is in the middle weekend of the holidays. Some of the regular volunteers will not be available to help on this day. If you are able to help for a couple of hours please let us know in the office so we can pass your names on to Heidi and Rachel. **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

Prep Spring Festival Yesterday in perfect Spring weather our three Prep classes celebrated the new season with a simple festival where they sang a song and danced together in front of an appreciative audience of parents and grandparents. Thank you to teachers Irina, Donna and Stewart for preparing the children so beautifully; our musicians, parent Kseniia and our own Jonathan who accompanied the children as they danced a Romanian folk dance. Thanks also to the parents who made the beautiful floral garlands for the children to wear. After the singing and dancing we all shared in a lovely picnic afternoon tea. As I said at the beginning, it is a simple but most beautiful event. Thank you to all who played a part in its success.



Dance Performances It was lovely to attend 2 class dance performances earlier today; the culmination of 2 terms of lessons. The students from both 5L and 3EB can be well pleased with their performances which showed how well they can listen, master difficult steps and work together collaboratively as a team to get the best out of everyone. Their obvious enjoyment of what they were doing was delightful. Thanks again to Rosie Tusia our specialist teacher who continues to do a great job teaching our students.



Prepare for Summer and Thunderstorm Asthma Season There are important steps that can be taken to ensure students are sun smart and safe at school. UV radiation is at its highest from mid-August to April and peaks during school hours. Schools are required to have measures in place to manage extreme heat and provide sun and UV protection. Extreme heat or a heatwave is a period of unusual and uncomfortable hot weather that can negatively affect health. Asthma and hay fever symptoms increase every year between October and December. There is also the chance of an epidemic thunderstorm asthma event during grass pollen season.

Increased risk of thunderstorm asthma can occur in people with:

- Asthma
- A past history of asthma
- Undiagnosed asthma
- Hay fever, who may not have asthma
- Poor control and self-management of asthma

To be sun smart and safe there are three important steps to take, these are:

1. Extreme heat and sun protection (hats, sunscreen, clothing, drink water, be outdoor in the coolest part of the day).
2. Thunderstorm asthma preparation (asthma medication easily accessible, avoid outside between October and December especially if windy; asthma action plans and allergy plans if required,
3. Thunderstorm asthma event alerts (subscribe to the Prepare and Get Ready – Victoria Emergency to receive warnings; emergency response procedures and following individual asthma action plans as needed.)

Planning – 2024 We are now well and truly in planning mode for next year, so if you know of any sibling enrolments for next year would you please ask the parents concerned to let us know in the office. Our 2 new prep classes for next year are filling nicely after a slower than usual start. Conversely if you are planning to leave our school at the end of this year please come to advise us of this also so we can make the best decisions possible to support all our students in 2024.



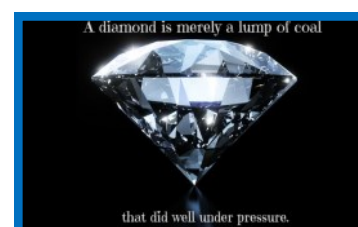
Happy Holidays Term 3 has been another super busy one and seemingly gone in a blink of an eye.

Make sure that over the holidays you take time to rest and recharge if you can. I hope that all our families enjoy the coming 2 weeks. I am hopeful that we will be able to enjoy some sunshine and warmth along the way. Now that my footy team is out of the finals, I look forward to enjoy watching the coming games without nerves. If your children complain that they are 'bored', then refer them to this chart for ideas of how not to be bored. :)

*** Thought ***

Last Day - Term 3 Friday, 15th September is the last day of Term 3. School finishes at **2.30pm** on this day so please make the necessary arrangements to pick your child up at this time. I hope everyone has an enjoyable two weeks break from the routine of school and that you return relaxed and ready for what promises to be a fun filled and productive Term 4 on Monday 2nd October at 8.50 am.

Until next time - Maria Shearn, Principal 😊



Literacy @ East Bentleigh PS

Literacy Grade 1 & 2

On Tuesday, the students in Grade 1/2 H & 1/2P attended, via Zoom, the book launch of Andy Griffith's 169 Storey Treehouse at the State Library of Victoria. This is Andy's and Terry's last book in the treehouse series. We learnt of the spectacular challenges Andy and Terry face in the book such as The Whatever Weather Dome (you can have whatever weather you want with a switch of a lever), doppelgangers (avoid Anti Andy and Terrible Terry) and the worst challenge of all...when Andy and Terry get sent to SCHOOL!

At the top of the treehouse, there is a blank room waiting for ideas. Students in Grade 1 and 2 came up with what the new room could be:

A Disco Soccer Room by Simon



An Octopus Library by Grace



A Craft Room - Jyotsna



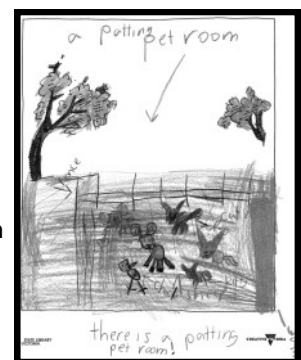
A Monster Room by Bradley



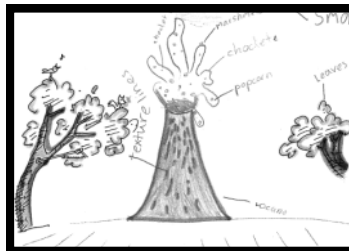
A Fairy Room by Julia



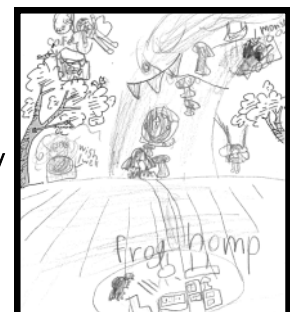
A Pet Patting Room by Susan



A Volcano Room with hot chocolate, marshmallows and popcorn by Maelie



A Frog and Fairy Room by Ruby



What do YOU think should go at the top of the treehouse?

By Amanda Hooper-Duffy 1/2H & Bill Portelli 1/2P



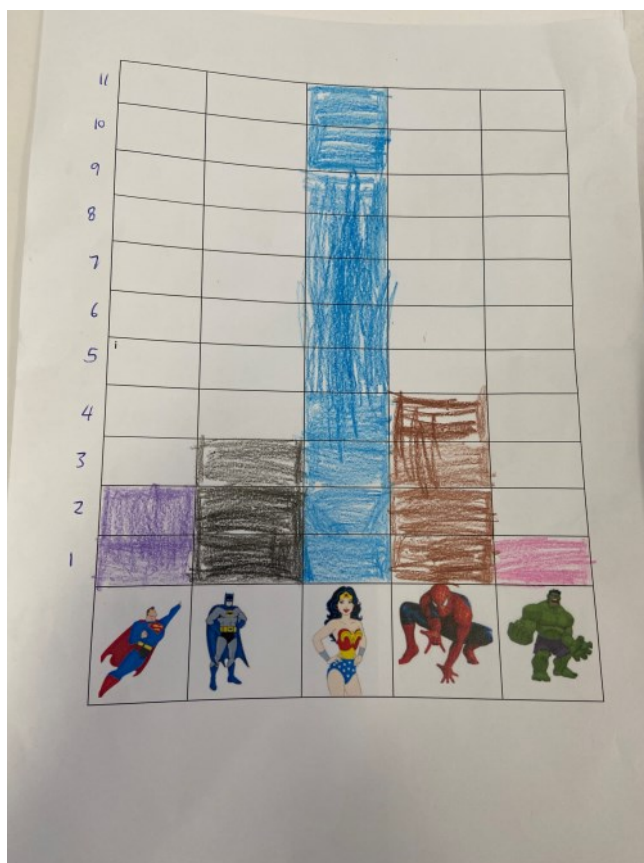
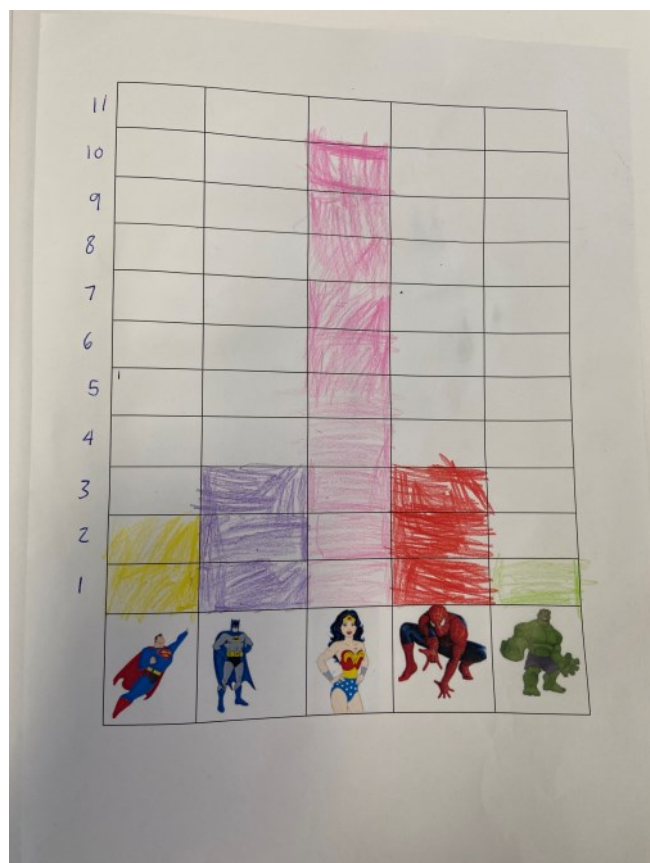
Maths at EBPS



Maths in Prep M

In Prep M, where we foster a hands-on and enjoyable learning environment, our little Super Stars have recently embarked on an exciting journey into the world of graphing and interpreting simple data displays. With a delightful mix of favourite pets and superheroes, our students enthusiastically explored the art of reading graphs and charts. The journey began with discussions about the concept of data and its importance. The children were quick to connect, understanding that data is a collection of facts.

Throughout the week, we provided clear and concise guidance on how to read simple graphs and charts. Students also had the opportunity to gather data from their friends on preferred pets and superheroes, meticulously recording the data. Subsequently, they filled their charts with lots of confidence. Finally, the students shared their findings with their classmates, and it was very interesting to compare the data between the students.



Wellbeing at EBPS in Class 3EB

Throughout this term our class has had many opportunities to build the social fabric of our class, namely through our play production and Israeli dance performance. We have had many class discussions about performance and how they require teamwork, persistence, confidence and resilience.

Together we held a circle in which we whispered our special words of encouragement in our partners ear. We then held a sharing circle in which we shared our partners performance trick to the whole group.

This was an opportunity to hone our listening and pool our inner resources for times of challenge. The children continue to demonstrate great care of and for each other and are growing and flourishing with the excitement of performance.



Learning Diversity @ East Bentleigh PS

Sensory Processing: An Overview

Sensory processing is the neurology of how we feel. In this process, we receive information through the body's various senses, organise it, and use it to make sense of and interact with the world around us.

The 8 Senses

You are probably aware of these five senses:

- Sight
- Tactile (touch)
- Auditory
- Gustatory (taste)
- Olfactory (smell)

The three lesser-known senses include the following:

- Vestibular:** Located in the inner ear, this sense allows us to keep our balance and posture.
- Proprioception:** Also known as body awareness, this sense helps us determine where our body parts are in relation to one another, without us having to look at them.
- Interoception:** The sense of what's going on inside the body, from heart rate, hunger, thirst, and even emotions.



Many people are not aware that the sensory systems are foundational to development, functioning and wellbeing. Differences in sensory processing effect children in different ways. Learning about a child's sensory preferences helps us understand more about their learning and behaviour. We can also use this understanding to plan necessary supports in the classroom and playground.

INSIGHTS

by Michael Grose - Australia's leading parenting educator

Making the most of these holidays

Often family differences are contained during the year but spill over when normal routines cease over the holiday period.

You don't need an instruction manual to make the most of the school holidays. After all, holidays are about kicking your feet up, relaxing and getting away from the usual routines. Right?

But the festive season can be stressful for many. For parents the prospect of keeping children occupied for up to six weeks can be daunting.

Christmas can also be a difficult and lonely time for some. Sole parents and step-parents usually experience particular challenges at this time of the year as family catch-ups cause conflict, and disputes can arise over who children spend their time with.

Often family differences are contained during the year but spill over when normal routines cease over the holiday period.

Here are some ways to help reduce tension over the festive season and make the holiday season enjoyable and fruitful for all:

1. Be creative with how festivities are organised.

If you are flexible with your arrangements as well as your thinking then the potentially tricky times will flow more easily. For instance, two or more Christmas dinners may be needed so everyone is included.

2. Mix up the routines.

The best part about holidays is the change from the routines of school-life. Some kids feel comfortable with the routines of school-life and can feel a little lost until the new holiday routine kicks in. Be patient with these routine-junkies! Also make sure you begin adjusting the routine as returning to school comes closer so kids are prepared for going to bed and getting up at earlier times.

3. Mix 'me' time with 'them' time.

Plan a mixture of outdoor activities or trips with quiet at-home activities where you can relax and recharge your own batteries. The holidays give you a chance to spend time as a family but you also need to take some time for yourself each day. It helps to let your kids know that you are having some timeout too.

4. Resist being your child's home entertainment machine.

Give children opportunities to keep themselves occupied or think of inexpensive, fun ways to keep themselves amused. "I'm bored" is an invitation for kids to keep themselves occupied rather than for you to keep them amused.

5. Team up with other families.

Whether it is sharing celebrations with other families or just holidaying with friends, holidays offer the chance to broaden your child's social circle.

Make sure you provide the three types of activities that children want with their parents – i.e. **rituals and celebrations**, including family mealtimes; **one-on-one activities** where you spend some time alone with each child; and **unstructured, impromptu activities** such as playing simple games, storytelling and walks around the neighbourhood. These are important relationship-building activities that bind families

together and enable you to build up emotional collateral with kids as they move into adolescence.



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For more ideas, support and advice for all your parenting challenges visit: www.parentingideas.com.au


Parenting ideas
MICHAEL GROSE

Community Information

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 18 to Thursday 21 September 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

Tuesday 26 to Friday 29 September 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

SCHOOL HOLIDAY PROGRAM

tennis

RUN, JUMP & THROW FOR FUN THIS SUMMER

OAKLEIGH LITTLE ATHLETICS CENTRE

We are a community based club offering fun & fitness for all from ages 5 to 17

Saturday Competition from 8.45am

Davies Reserve, Talbot Ave, Oakleigh South

TWO Week FREE Trial for New Members!

Register at www.lavic.com.au
Find us on [Facebook](https://www.facebook.com/oakleighlac) [Instagram](https://www.instagram.com/oakleighlac)

www.oakleighlac.com.au @oakleighlac oakleigh@lavic.com.au

East Bentleigh Central Cricket Club

JUNIOR CRICKET

Join our Junior Cricket team!!

- Perfect for boys and girls of all ages
- Opportunity for kids with varied cricket skills to learn and progress their interest in the game in a structured way
- Starter pack includes white playing top and a backpack
- Join our local cricket club, have fun, be active, and make friends!!
- Email: juniors@ebccc.vic.cricket.com.au
- Web: ebccc.vic.cricket.com.au

Whatsapp Group Under-10 (Rookies) Registration Under-13 Registration

We are compliant with state government CovidSafe protocols & a strong participant in child safety standards
East Bentleigh Central Cricket Club, King George VI Memorial Reserve, East Boundary Rd Bentleigh East, VIC 3204

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

KELLY SPORTS

Who can attend: Boys & Girls in Prep - Year 6

General Information:
We believe in giving children opportunities to do the things they love and enjoy in a supportive and encouraging environment. Our friendly staff are passionate about working with children. They are provided with training on behaviour management techniques, first aid and activity planning/delivery.

What do you need to bring: Appropriate clothing, jacket or sweatshirt, hat, drink bottle and food for morning tea, lunch and afternoon tea.

Food:
Please bring plenty of packed food and drink for morning tea/lunch/afternoon tea. Lunch will be from approximately 12.30pm to 1.30pm each day.

Programme activities:
Programme activities are adapted to suit children of all ages and children may be grouped by age depending on numbers. Programme activities may vary without notice dependent on weather conditions and programme numbers.

Payment details:
Payment is required upfront within 2 hours of your booking. A receipt will be issued when a completed booking is received. All details will be included on the receipt.

Please note:
Every care will be taken to ensure the safety of your child/ren and their property. However, organisers of Kelly Sports accept no liability for any injury sustained to your child/ren or any loss or damage to your child/ren's property whilst on the programme.

Website: www.kellysports.com.au/metro-south-east
Contact: Paul Battershill or Natasha Kalweit
Email: natasha@kellysports.com.au
Phone: 0413 080 025
Facebook: Kelly Sports Metro South East - Melbourne
Address: 28 Peterson St, Highett

SPRING 2023 HOLIDAY PROGRAMME
ST AGNES' PRIMARY SCHOOL, HIGHETT

WEEK 1

- Mon 18 September**
NETBALL & BASKETBALL MANIA
Join us for a day of netball fun with lots of games and challenges. Then dribble, zig zag, shoot and slam dunk your way into our basketball themed afternoon.
- Tues 19 September**
NET SPORTS DAY
With the US Open just over, come show us your skills in tennis, badminton and volleyball as we tackle all things nets!
- Wed 20 September**
CLASSIC OLD SCHOOL GAMES
Join us for a day of classic games including down ball, kickball, hide & seek, scavenger hunt and more! Come along and see if you can beat the coaches today!
- Thurs 21 September**
BIG BASH SMASH
Four! Six! Out! What a catch! Join us at Kelly Sports for our Big Bash Tournament. Snatch out your batting arm and show us how far you can hit the ball! Today we will also play some Rounders.
- Fri 22 September**
NINJA WARRIOR DAY
Join us for a morning of fun, competition, followed by our SUPER fun and popular ninja warrior race - will you come out as top ninja?

WEEK 2

- Mon 25 September**
DYNAMIC DODGEBALL
Dodge, duck, dip, dive and... DODGE! Our annual Dodgeball Tournament is back. Our friendly competitors will help improve your dodging and catching skills!
- Tues 26 September**
SOCCER & ATHLETICS DAY
We will start our day off with fun soccer games. Then we will jump, throw, sprint and leap our way into our Athletics Day. Compete in a variety of events to win points for your team!
- Wed 27 September**
AMAZING RACE DAY
Start the morning off with kid's choice - we will play some of everyone's favourites from these holidays. Then, after lunch, we will race around the school to see who the winners of the Amazing Race will be!
- Thurs 28 September**
FOOTY FINALS DAY
Come to Kelly Sports dressed in your favourite AFL team colours and help us celebrate this weekend's Grand Final! Lots of hoity games, drills and activities today.
- Fri 29 September**
PUBLIC HOLIDAY
AFL GRAND FINAL HOLIDAY
No Session Today

ANY 5 DAYS: \$270 **FULL DAY: \$60** **SIGN UP BY SEPTEMBER 2ND TO SAVE!!**
Mon - Fri 8.30am - 4.30pm 8.30am - 4.30pm
TO OBTAIN THE 5 DAY DISCOUNT, PLEASE CONTACT US BEFORE PAYING THE INVOICE

BOOK ONLINE NOW AT
KELLYSPORTS.COM.AU

FOR THE LOVE OF SPORTS 25 YEARS