

Principal's Report | - 3

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

- * EBPS Social Media
- * Parent/Guardian Opinion Survey
- * Book Week - The Children's Book Council
- * Father's Day Stall
- * School Council
- * Cyber Safety
- * Sunsmart Reminder



East Bentleigh Primary School

Bignell Road
East Bentleigh 3165
Phone: 9570 3525

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

17th Aug 2023

Term 3 / Week 6, Issue 3

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

HOOPTIME - Yrs 5/6 - Friday 18th Aug

SOCCER DAY - WEAR GREEN AND GOLD - Monday 21st Aug

Working Bee 2-4pm - Thurs 24th Aug - *****POSTPONED*****

Book Character Parade - Friday 25th Aug 9am

Ensemble Performances - Fri 25th Aug: Y3/4 @ 11:30am Y5/6 @ 2:30pm

Bentleigh Farmers' Market - Sat 26th Aug

School Review Validation Day - Mon 28th Aug

MPSSA Aths Day - Y3-6 Qualifiers Mon 4th Sept

FOOTY DAY - Fri 8th Sept

5L Dance Performance in PAC - Thur 14th Sept 11:30am

3EB Dance Performance in PAC - Thur 14th Sept 11:30am

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

Principal's Report - Maria Shearn

Hello everyone,

As I write this week's communication my thoughts have strayed towards our Years 3 and 4 children who, along with their teachers and carers will be having their last breakfast at the Log Cabin Camp in Ballarat. I'm not sure what the temperature was in Ballarat this morning, but as this morning was the coldest August morning for several years, it was sure to be fresh. The children set off on Monday morning to spend the day at Sovereign Hill, then made their way to the campsite, eagerly awaiting the great activities provided which will stretch their bravery and persistence - that giant swing can be quite intimidating for anyone with a fear of heights, but a great sense of satisfaction and fun once mastered.

Whilst camp is a wonderful experience for children and adults alike they certainly take some organizing and ask a lot of the adults charged with the care of the children.

My sincere thanks to teachers Aric Parsons (who was the organizational guru behind the scenes), Aaron Jones, Emma Gullan and Tanja Boxelaar. Thanks also to ES staff Marilena Spitieri, Catherine Campbell, Karl Smith and Leonie Kennett. Last but definitely not least an enormous thank you to our parent helpers, Dalia Granot, Heidi Rogers, Christina Sanchez and Matt Henderson. An exceptional team effort. I'm sure the children and adults will have lots of stories of their adventures to share on their return home.

EBPS Social Media

Earlier this week, parents will have received a note via Compass from Janette Grunfelder who has kindly agreed to moderate our new EBPS social media presence (is there anything that Janette can't do ?) Our original permission forms at the start of the year did not include permission for students to be included on our social media platforms, hence why we sent out this separate form. We respect and understand that families may not wish to have their child's image on our pages, and if so, we kindly ask that you email Janette (Janette.Grunfelder@education.vic.gov.au) and let her know.

For any families who have not yet completed the media release form that you received at the beginning of the year, you will find it on our website, amended to include a section about social media. The completed forms can be handed in at the office.

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

Parent/Guardian Opinion Survey

Last week all families were sent an invitation via Compass to participate in this online survey. The data from this survey is collated and compiled as part of the School Annual Report and forms part of the Department's School Accountability process and informs future planning. The survey is open from Monday 7th August to Friday 9th September 2023. It is available in English and ten other languages including Arabic, Vietnamese, Mandarin, Chin (Hakha), Hindi, Japanese, Greek, Turkish, Somali and Punjabi. As of Wednesday 16th August, of the 265 surveys sent out, only 17, (6%) have been returned, although we are only 1 week in. Remember the survey is open until the 9th September. I encourage all families to have their say.

Book Week - The Children's Book Council of Australia

Next week is Book Week and the theme from CBCA (Children's Book Council of Australia) is 'Read, Grow, Inspire'. I am delighted to be able to say that we will be holding our much-loved book parade on Friday 25th August (next week) directly after drop off in the morning. I hope children and parents have been busy preparing their costumes for the parade next week. I for one am really looking forward to the parade as I return from a short stint of leave for 70th birthday celebration for my husband Russell.



Whilst on the topic of books and libraries, I'd like to acknowledge the power of work that our librarian Jane Ross has done over the year in re-invigorating our library spaces. It's been lovely to see children's faces when special requests for certain titles have been followed up. It has also been lovely to see how many children visit the library spaces during the two lunchtimes it is open. It is a very popular place in our school. Thank you Jane for all you do.

Father's Day Stall

Parents Leah Moore and Gordana Mrkic have been preparing for this special annual event that this year will be held on Wednesday 30th August. I would like to thank and acknowledge the work that Gordana and Leah have done in organizing this event for us this year.

School Council

Due to the resignation from school council of parent representative Scott Maunders, we have a casual position which runs for the remainder of 2023, and the 2024 school year. Please let us know in the office should you be interested in filling this position, especially if you have interest and skills in the area of facilities. The scheduled working bee on Thursday 24th August has been postponed. Look out for the next edition of 'School Council News', compiled by Julia Kahan (Convenor of the Communication/Marketing Sub-Committee) for an update in the next day or so.

Cyber Safety

Given the prevalence of social media in our lives and recent concerns brought to my attention by a concerned parent, I am offering the following information to our community once again. Just this morning I woke to the news of the alarming rates of anxiety in primary aged children in NSW, fuelled in no small measure by social media. Another alarming news item was the emergence of a new app that can manipulate photos into sexual poses which can then be sent to others as a form of bullying.

Times have certainly changed and social media platforms will continue to evolve and grow and whilst these technologies can be great for sharing ideas and keeping in touch, parents need to be proactive in monitoring their children's use. Sadly whilst there are minimum ages noted by the social media giants, very little is done systemically to enforce them so it is up to parents to monitor this.

* Instagram Minimum age: 13 years Users can snap, edit, and share photos and short videos. Privacy settings allow content to be private or public. The platform allows sharing and commenting. As long as the account is private, no one can view or comment on a post. Risks include sharing inappropriate content among friends and sharing location publicly by using the location tags.

* WhatsApp Minimum age: 16 years A widely popular messaging app, WhatsApp allows users to send text messages, audio messages, videos, and photos to one or many people with no message limits or fees. It limits access to only those people in your contact list. But people in a group chat who aren't on your contact list can communicate with you.

* Snapchat Minimum age: 13 years A popular photo-sharing app, Snapchat lets users share pictures and videos for a preset length of time. Content will self-destruct when that time runs out. But keep in mind, people can still take screenshots and save the content. It gives a false sense of permanent deletion. The Discover feature may allow kids to have access to inappropriate content.

* Twitter Minimum age: 13 years A microblogging site that has the option to keep 'tweets' private or public. It can help teens keep up with their friends and favourite celebrities. Even though Twitter has the option to delete a tweet, the posted content could have been copied or stored.

Principal's Report - Maria Shearn

* Facebook Minimum age: 13 years This widely used social media app lets users share pictures, videos, and comments. It also has an instant messaging feature. Facebook helps teens catch up with friends, family and events.

* TikTok can be safe for kids 13 years and older. TikTok is intended for 13+ users according to the app's community guidelines. The app can be safe for teens with proper parental guidance. As you will note all the above sites have a minimum age of use. Children in primary school are deemed to be too young to be on these sites and whilst we cannot tell parents what to do in their own lives we can only advise parents in the strongest possible terms to reconsider their children's use of these platforms.

Please see below for some tips of where to start: 5 tips for monitoring your child's social media

1. Don't allow kids younger than 13 on Facebook.
2. Check the privacy settings on your child's phone and apps.
3. Use monitoring apps such as Net Nanny and WebWatcher to track your child's social media behaviour.
4. Have a discussion.
5. Stay educated.

How do I manage my child's Social Media?

1. Decide which sites they can join. Monitoring may start before your child even has a social media account.
2. Create an email account for your child. Many large providers for email allow children to have email addresses.
3. Set up an account together.
4. Turn on privacy settings.

Sunsmart Reminder

For those students who have lost their school hat or for those students new to the school, now is the time to prepare for wearing a school hat to school every day. From Friday 1st September our school hat should be worn at all times when students are outside, when at school.

*** Thought ***



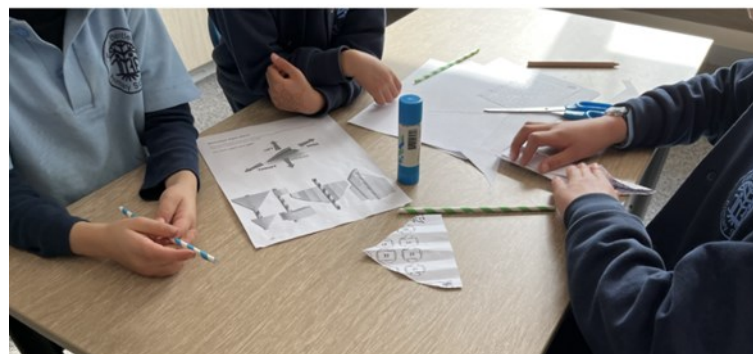
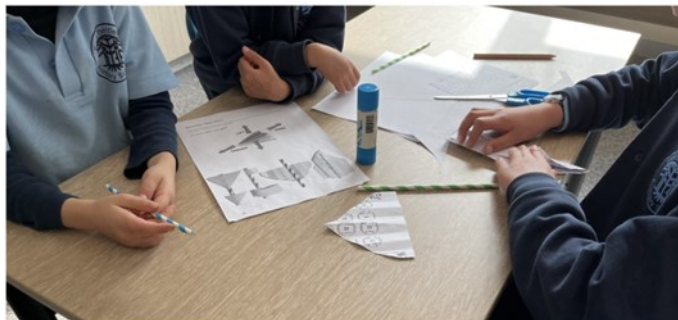
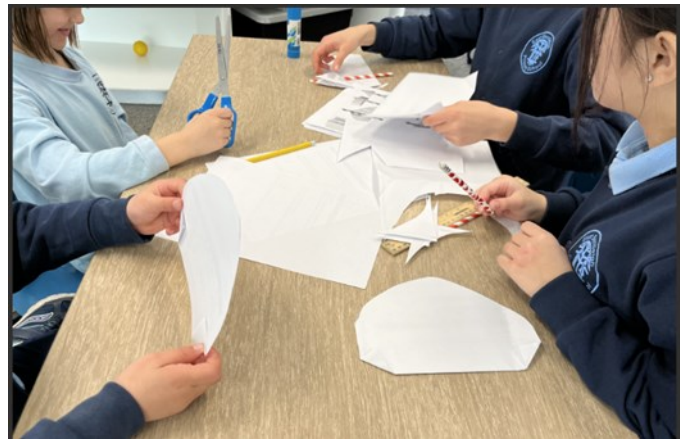
Until next time - Maria Shearn, Principal 😊

Parent Information - Science Week 2023



This year's Science Week theme is innovation. Innovation is about applying ideas to improve a product or service to create more value. People in all organisations innovate when they find better ways of doing things. Innovation can also mean creatively solving a complex problem.

On Tuesday, Class 1M and 6A made paper planes together. In pairs, students designed a paper plane incorporating innovative ideas. Students used paper, a straw as fuselage, tape and a paper clip. Many students tested and improved their designs along the way. All students flew their plane to see which one went furthest. It was a productive and fun learning session for all.



Melinda Cole 1M and Anna Pititto 6A

Parent Information - Science Week 2023



In Steiner Prep we organized various activities to celebrate Science Week. We focused on biological sciences in relation to the approaching Spring season. On Wednesday we started to grow beans on cotton wool in the classroom. Each child made a little cotton wool bed for their baby beans and placed it in a labeled container by the window. We predicted how many days it will take for our beans to grow leaves. We will be observing them during the coming days, and we will keep a log book.

On Thursday we planted sunflower seeds in pots and placed them in the greenhouse until they sprout. We are hoping to have little plants in pots to take home at the end of the term. We used these opportunities to discuss what conditions the plants needed in order to grow healthy and strong.

This week we also started a weather chart. Each morning, for the next four weeks, we will be checking the weather and will be placing pictures to reflect it on the weather chart. At the end of the four weeks, we will be interpreting the data we collected.



By Irina Bugheanu - Classroom Teacher Prep I

Literacy @ East Bentleigh PS

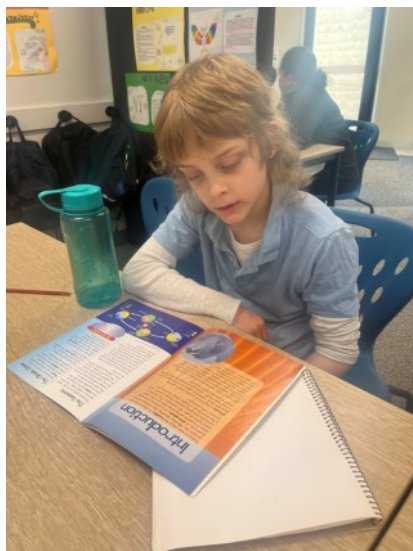
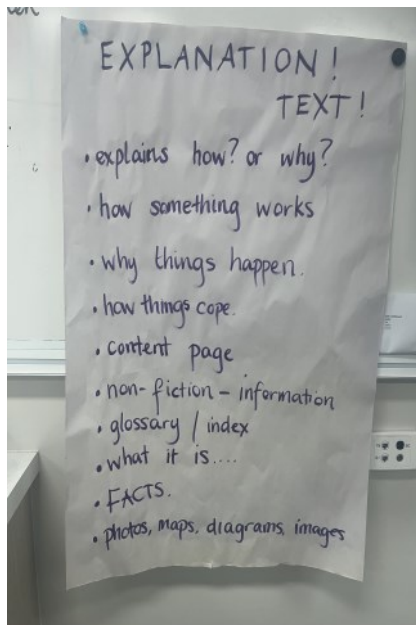
The Writing Cycle in Grade 5/6

This week in 5/6G & 5/6S students are enjoying the immersion process in our next writing cycle. On Tuesday students took part in our explanation text 'book cafe'. The students browsed through a variety of explanation texts and afterwards brainstormed a list of things they noticed in the books.

Some of the observations were: explanation texts are factual, they are usually about why something happens or how something works, they are accompanied by photos and diagrams, and they contain technical language.

Students wrote down 5 how or why questions they had and shared them with the class. Students will complete a pre-assessment (warm write) explanation text about the question 'Why do we have Seasons?'. They will have access to a diagram and YouTube video for information.

Our immersion week will end with some observation of popcorn popping, research, and shared writing about the question - Why does popcorn pop?





Maths at EBPS



Last Thursday we sent 2 teams of 4 students in Year 5 to participate in the Math's Challenge Day at St. Patrick's' Mentone. The day was co-organised by MAV and teachers from St Patrick's. There were 25 different schools attending from all over metropolitan Melbourne – the furthest school was from Lilydale. The students worked together to solve a multitude of open-ended problems, played Maths Board Games against other schools, and then went outside to complete a math's trail throughout the school. Both our teams loved the day and enjoyed doing all the challenges. One team came 9th and the other team came 12th overall. Congratulations!



By Sue Jackson - Assistant Principal

Wellbeing at EBPS

Steiner Prep D and I - Resilience

Our word of the week was **ant** and the children created interesting ants out of egg cartons that they painted and decorated. The children persevered and invested time and effort in this project. The children learnt how ants are very resilient and adapt and persevere in a range of circumstances. The children enjoyed taking their ants on an adventure in the prep sandpit and garden. They helped their ants dig tunnels and transport heavy loads to their anthills. The children were amazed to learn that ants can carry twenty times their body weight and strategise together to solve problems. Ants are also able to adapt to their surroundings. The children also worked on building their resilience by practising writing the word ant with sticks in the sandpit and chalk on the concrete.

Donna Leibowitz - Prep D Classroom Teacher



Donna Leibowitz - Prep D Classroom Teacher

Learning Diversity @ East Bentleigh PS

MORE ABOUT READING @ EBPS!

Skilled reading depends on both word reading and language comprehension, as the 'Reading Rope' diagram below illustrates. As discussed in our last Newsletter, reading is a complex skill that must be explicitly taught. In our Early Reading piece, we explored some of the skills we are developing to support word recognition, this week, we will look at Comprehension.

What do we mean when we say comprehension?

Reading comprehension is the ability to read text, process it and understand its meaning. When we read and understand a text, we do not remember the precise wording or structure. Instead, readers and listeners construct a representation of what the text describes, sometimes called a 'mental picture'. When the information in the mental model they are creating has been successfully integrated, comprehension occurs.

Comprehension difficulties

Good **word recognition** makes an important contribution to the ease and quality of reading comprehension. Children with word reading problems (such as dyslexia) will read the text more slowly and may not decode all of the critical words accurately. They often have significant difficulties with reading comprehension.



(Scarborough, 2001)

There are lots of things you can do at home to help your child's comprehension skills. Try to read a variety of texts including picture books, comics, recipes, non-fiction texts and ask questions as you go. Tap into your child's interest and learn together. A wonderful shared activity for the family is to watch movie adaptations of books you have read and discuss the similarities/differences between the two formats. Whether your child is reading independently, reading to you or you are reading to them, it all helps to develop knowledge, vocabulary and hopefully a sense of wonder and enjoyment!

INSIGHTS

by Michael Grose - Australia's No 1 parenting educator



Would your child eat the marshmallow?

Impulse control is one of the keys to being successful in life. It doesn't take a study to make that obvious.

Between 1968 and 1974 Stanford University researcher Michael Mischel conducted an unusual experiment that demonstrated the importance of delaying immediate gratification to lifelong success.

In a long-term study Mischel, offered 4 year-olds a marshmallow, and told them that if they could wait for the experimenter to return after ten to fifteen minutes, he would reward their patience with another marshmallow.

Control your impulses and delay gratification for a greater reward was the idea here! An interesting dilemma for any 4 year-old, let alone a 4 year-old.

Mischel found there were **three groups** of kids. About one-third ate the marshmallow within the first few seconds. They didn't even consider waiting. Down the hatch! Another third tried to wait, but couldn't last the distance. Another third practised some old-fashioned self-discipline and didn't eat the marshmallow. That's quite an effort!

Mischel followed the 400 kids involved in the experiment over a 14 year period and found that there was a high correlation between the results of the study and how each group performed in high school.

The **marshmallow gobblers** were more troubled, and had difficulty subordinating immediate impulses to achieve long-term goals. When it came time to study, they were easily distracted and less likely to follow-through and finish school.

The **marshmallow resisters** were more motivated, educationally more successful and more emotionally intelligent. Their end-of-high-school marks were higher than the other groups marks.

So what's the point?

I think it's a great reminder for all parents that the Rolling Stones were right when they sang all those years ago **'You can't always get what you want.'**

Okay, Mick Jagger wasn't thinking about kids when he belted out those lyrics, but he may as well have been.

Impulse control is one of the keys to being successful in life. It doesn't take a study to make that obvious. Those who can put off immediate gratification or the quick fix to work toward a bigger goal will always be successful in life.

Always have been, always will. It takes self-discipline to save, rather than use a credit card. It takes self-discipline to get up in the cold each morning to exercise rather than stay in bed. Impulse control pays off... in the long run.

Modern parenting can be detrimental to developing impulse control.

Let's face it, in this era of smaller families we have greater propensity to gratify kids' needs immediately. To be blunt, to avoid disappointing kids, I see some adults bending over backwards to give them what they want.

Impulse control is largely about self-discipline and character. While some kids are more naturally prone to delay gratification than others, some parenting styles are more likely to promote impulse control than others. Parenting does have an impact!

Here are four strategies to encourage your children to delay gratification, practise self-discipline and build character along the way:

1. **Just say NO!** You may need to grit your teeth with some tough nuts, but so be it!
2. **Give kids pocket-money and teach them how to set goals.** Being a child's personal ATM doesn't encourage impulse control.
3. **Help kids focus on bigger rewards.** When kids can see that a BIGGER reward is attainable they are more likely strive to get it.
4. **Establish rituals and rites of passage.** 'You get your big bike when you are ten' is a type of ritual that parents used in the past to make children wait. These rituals and rites of passage give parents strength to resist pester power and teach kids that good things come to those who wait.

There is no doubt that saying No to kids is hard work as it is in their job descriptions to push parental boundaries.

It is in their long term best interests to realise that they "can't always get what you want..."

It's worth remembering the following line to that Stones Classic was, **"you can try sometimes, you can try".**

Maybe Jagger was singing about kids after all!

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



Community Information



PLAY CRICKET

COME AND TRY U11s & REGISTRATION DAY: SATURDAY
19th August 2023 Time: 10am to 11am.
Venue: Moorleigh Reserve
92-94 Bignell Road EAST BENTLEIGH
ALL WELCOME

More runs. More wickets. More fun!

Get involved in all the Junior Cricket action at your local club this Summer.

Moorabbin Saints Cricket Club - Moorleigh Reserve
92-94 Bignell Road BENTLEIGH EAST VIC 3165
contact: David - 0408 464 875
email: moorabbincc.juniors@gmail.com



JOIN YOUR NEAREST CLUB

Q Play Cricket

PROUDLY
PRESENTED BY



Save-A-Dog Scheme Inc.

is a community-based not-for-profit animal welfare organisation based in Melbourne.

The organisation is happy to accept donations of used towels, leashes and harnesses for the dogs (no quilts/beds please).

If you would like to donate these items, please contact Natalie (Harel & Liri's mum) on 0477 463 271.

For money donations, please log into

<https://saveadog.org.au/>

Thank you - Natalie



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

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 his/her 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

	Mon 18 September	Tues 19 September	Wed 20 September	Thurs 21 September	Fri 22 September
WEEK 1	<p>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.</p>	<p>NET SPORTS DAY With the US Open just over, come show us your skills in tennis, badminton and volleyball as we tackle all things net!</p>	<p>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!</p>	<p>BIG BASH SMASH Four! Six! Out! What a catch! Join us at Kelly Sports for our Big Bash Tournament. Stretch out your batting arm and show us how far you can hit the ball! Today we will also play some Rounders.</p>	<p>NINJA WARRIOR DAY Join us for a morning of fun competitions, followed by our SUPER fun and popular ninja warrior race - will you come out as top ninja?</p>
WEEK 2	<p>DYNAMIC DODGEBALL Dodge, duck, dip, dive and... DODGEBALL! Our annual Dodgeball Tournament is back. Our friendly competition will help improve your throwing and catching skills!</p>	<p>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. Complete in a variety of events to win points for your team!</p>	<p>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!</p>	<p>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 footy games, drills and activities today.</p>	<p>PUBLIC HOLIDAY AFL GRAND FINAL HOLIDAY No Session Today</p>

ANY 5 DAYS: \$270
Mon - Fri, 8.30am - 4.30pm
TO OBTAIN THE 5 DAY DISCOUNT, PLEASE CONTACT US BEFORE PAYING THE INVOICE

FULL DAY: \$60

SIGN UP BY SEPTEMBER 2ND TO SAVE!!

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