

Principal's Report | - 3

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

- * Permits for On-site supervision
- * Book Week
- * Parent Feedback
- * DET Parent opinion Survey
- * Yr. 7 Placements
- * Physical Health & Wellbeing
- * Mental Health & Wellbeing



East Bentleigh Primary School

Bignell Road
East Bentleigh 3165
Phone: 9570 3525

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

19th August 2021

Term 3 / Week 6, Issue 3

BREAKFAST CLUB

IS HERE!

8:15-8:45am

in new Performing Arts
Centre (PAC)

*If your child has allergies—
please email*

*jane.ross@education.vic.gov.au
before they attend.*

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 this newsletter finds you all as well as possible and adjusting to the extended lockdown with all its ramifications as best you can.

Whilst these are trying times, we need only to look north to see what can happen with this Delta variant when left unchecked. How alarming it was to hear the huge number of 633 cases in NSW yesterday. Whilst our numbers in Victoria are pleasingly much smaller it was also concerning to hear that the LGA's of Port Phillip, Glen Eira and Bayside have become areas of concern. The following excerpt was in The Age yesterday.

"Nearly half of Victoria's active coronavirus cases are young people, according to the state's health authorities. Addressing the media during the state's COVID-19 update on Wednesday, Victorian Health Minister Martin Foley said the state currently has 246 active coronavirus cases. Of those, he said 56 are under nine years old, and 55 are aged between 10 and 19."

The extended lockdown has come with some added restrictions in school operations. Please see below for the most recent advice from DET for those families seeking on-site supervision. A reminder too, that a new form should be submitted by the Friday before so that appropriate staffing arrangements can be made.

Permits for on-site supervision

From Wednesday 18 August, parents and carers will only be able to request on-site supervision for their child/ren in the below categories:

A) Children where both parents and/or carers are considered authorised workers who cannot work from home, work for an authorised provider and where no other supervision arrangements can be made:

* Where there are two parents/carers, both must be authorised workers, working outside the home in order for their children to be eligible for on-site provision

* For single parents/carers, the authorised worker must be working outside the home in order for their children to be eligible for on-site provision.

Continued next page.....

Diary Dates

Life Education Van - Mainstream &
Steiner Yr 5/6 - Thur 2nd to Tue 7th Sept

4A & 4L Play 6pm - Tues 14th Sept

5M Play 6pm - Wed 15th Sept

Footy Day - Fri 17th Sept

**Last Day Term 3 - Fri 17th Sept
Early Finish - 2:30pm**



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

An authorised worker permit is required for parents requesting on-site supervision for their child/ren under Category A as an [authorised worker](#).

A copy of an authorised worker permit must be submitted to the school as soon as practicable after it is issued for those seeking Category A on-site supervision.

In rare circumstances, a parent/carer does not need a worker permit. This includes law enforcement, emergency services or health care workers who carry employer-issued photographic identification. More information is available at [Authorised provider and authorised worker permit](#).

B) Children experiencing vulnerability, including:

- * in out-of-home care
- * deemed vulnerable by a government agency, funded family or family violence service, and assessed as requiring education and care outside the family home
- * identified by a school or early childhood service as vulnerable, (including via referral from a government agency, or funded family or family violence service, homeless or youth justice service or mental health or other health service)
- * Where a parent/carer indicates that a student with a disability is vulnerable because they cannot learn from home, and/or informs the school the student is vulnerable due to family stress, the school must provide on-site supervision for that student. This may apply to students enrolled in specialist schools and students with a disability enrolled in mainstream schools.
- * An authorised worker permit is not required for accessing on-site supervision under Category B.

Children's Book Council of Australia Book Week

Next week is Book Week and the theme from CBCA (Children's Book Council of Australia) is 'Old Worlds, New Worlds, Other Worlds'.

Whilst we won't be able to hold our ever-popular annual parade in person this year, we will be celebrating online instead. On Thursday we are asking all students to jump online, (teachers will send you an invitation), dressed as their favourite book character. We ask that you all bring your favourite book along to the online get together so you can all share why you chose this particular book and why it is your favourite. Miss Jackson and I will be sharing our favourites with you as well. Look out for the clips which your class teacher will send you.

Parent Feedback

The staff and I are very mindful of the stresses and strains that the ongoing remote learning can bring to some families. As we now have an extended remote learning time, we thought it prudent to check in with you all to ascertain your views about the program delivery for your child's class.

On Friday you will receive an email from your class teacher asking you to respond with your feedback about your child's program, which will be collated and discussed at a staff meeting (de-identified of course) with a view to ensuring we are meeting the needs of our community.

Anyone preferring to relay feedback regarding our program delivery directly to leadership can do so by sending it directly through to Sue Jackson - susan.jackson@education.vic.gov.au or I maria.shearn@education.vic.gov.au I thank you all in advance.

DET Parent Opinion Survey

A reminder also that families who received an email invitation to participate in this annual survey still have another week in which to do so.

Continued next page.....

Principal's Report - Maria Shearn

Year 7 Placements

It does not seem that any time has passed since we first mentioned the secondary school applications back in early May and we are in August already. The application process is coming to an end as far as the primary school's involvement is concerned. Parents of Year 6 students who have applied for a Government School place should have received their confirmation letters this week via email. If you have not received it, please contact Sue Jackson.

From here on, the secondary schools will be sending out enrolment forms and further information. If your circumstances have changed and you no longer need the Government secondary school place, please notify Sue and also inform the secondary school. We will continue to support your children, in the best way we can, to enable them to make a smooth transition to their secondary schools. Thank you to the Year 6 parents and teachers who worked through this process in what has been a challenging time.

Health and Wellbeing-Physical Health-Let's Get Moving

When children participate in regular physical activity, it boosts their physical and mental health and improves academic performance. Physical activity throughout the day also improves concentration, and the ability to retain information and solve problems. There are many benefits to being active and getting your move on, but according to research, many children aren't moving enough, particularly while learning from home. "15 minutes 4 times a day is all it takes." (Get Active Victoria) To help support your children to stay active while learning from home, families can access a range of free COVID Safe ideas and games to stay active through Get Active Victoria. <https://www.getactive.vic.gov.au/>

Health and Wellbeing - Mental Health

Just as we set aside time to do physical exercise, it is important we all make time each day to check in on mental health and wellbeing. Here is a link to support family wellbeing that you may find helpful:

Smiling Mind <https://www.smilingmind.com.au/smiling-mind-app>

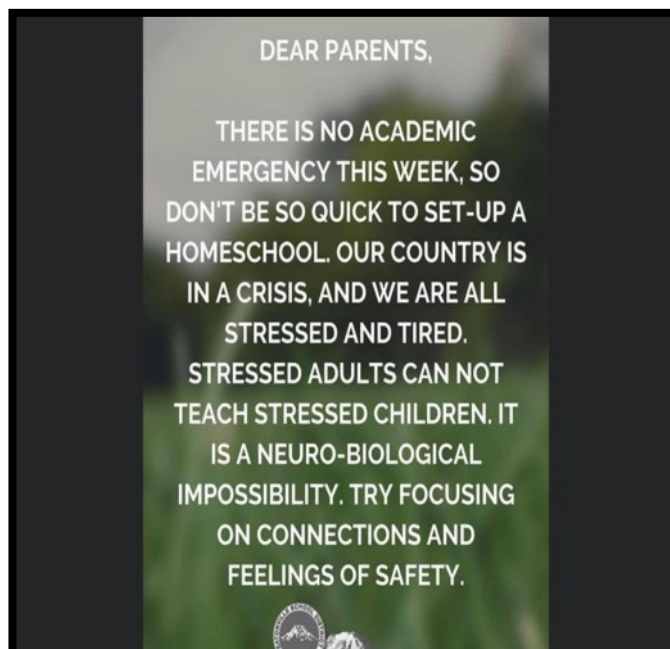
*Whilst I don't make a habit of sharing
Facebook memes,
I kept being drawn to this one last night.*

Thought

"TOO OFTEN WE UNDERESTIMATE THE POWER OF A TOUCH, A SMILE, A KIND WORD, A LISTENING EAR, AN HONEST COMPLIMENT, OR THE SMALLEST ACT OF CARING, ALL OF WHICH HAVE THE POTENTIAL TO TURN A LIFE AROUND."

- LEO BUSCAGLIA

RANDOM ACTS OF KINDNESS
FOUNDATION
www.randomactsofkindness.org



Until next time.....Maria Shearn - Principal



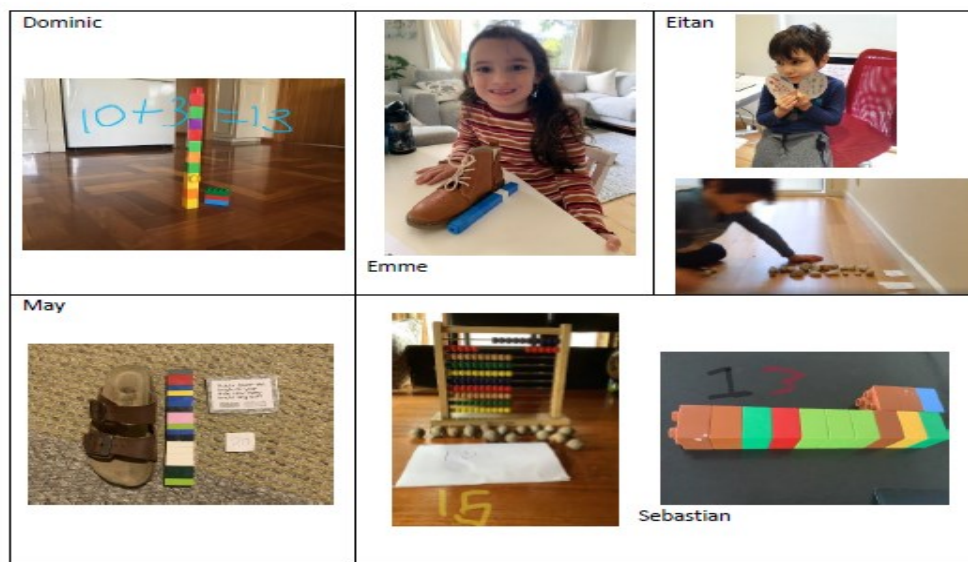
Maths at EBPS

Remote learning from around the school



We are sharing from the Steiner preps and mainstream year 3s.

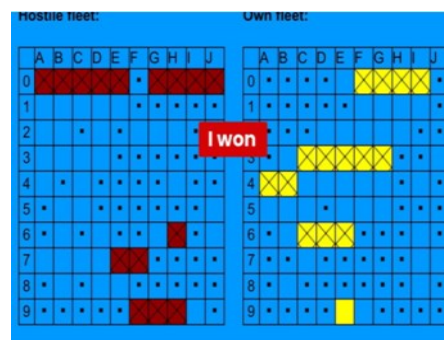
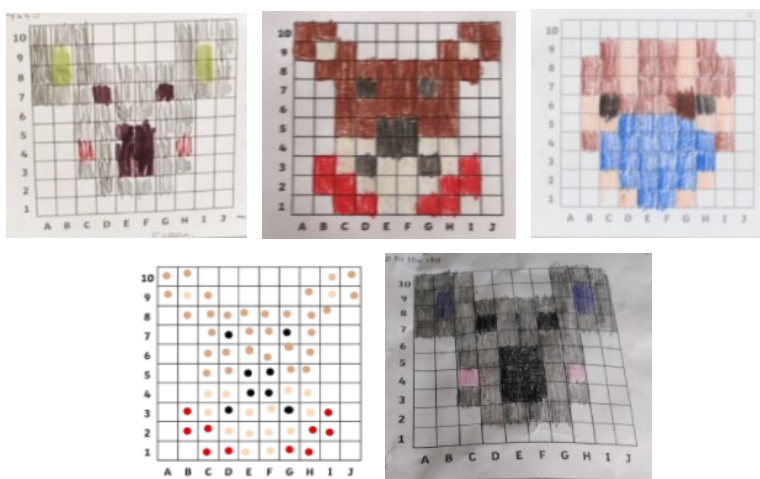
The children in Prep A have enjoyed using lego, rocks and seed pods this week to make teen numbers with a ten and some more. They have also been using lego to measure things.



In Year 3 we have been learning about positioning and location. Describing directions to and from points as well as learning about compass directions and coordinates.

Practising our coordinates:

Classic fun game - Battleships:



Learning about coordinates and positioning is important because...

So if you go into the desert or you get lost you need to know coordinates you can use a map to find your way.

Like if you are in the army. Ben 3/4S

We can use strategy and it helps us with our number learning. Julian 3/4S

So if you working in the army the general can direct people to the right place. Stan 3/4R

Laura Siu - Numeracy Coordinator



Literacy @ East Bentleigh PS

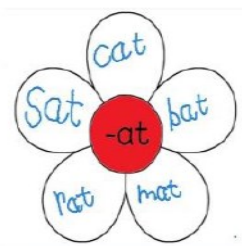


Next week is 'Book Week' with the theme this year; 'Old Worlds, New Worlds, Other Worlds'. Most people would agree that all books take us on a journey of some kind whether it be to the past, present or future. On **Thursday August 26 August** all students are encouraged to bring their favourite book to their class meeting and share why they enjoyed reading the book. Usually we would hold our Book Parade at this time so if you have a costume of your favourite book character handy you might even like to dress up too.

This week we would like to share some of the literacy work from Prep A and 6A.

The children in Prep A have begun their SMART spelling program and have been learning about the sounds in the word cat. They then built some different words by taking away the /c/ sound at the beginning of the word and substituting a different sound.

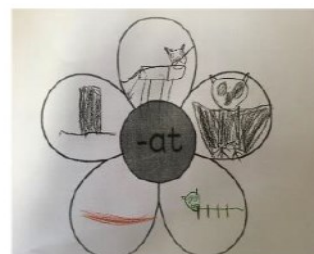
Aurora



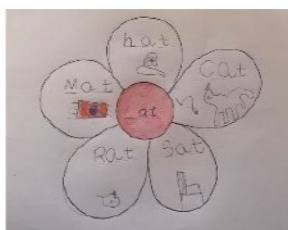
Emme



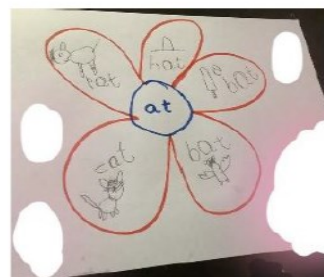
Daniel



May



Sebastian





Literacy @ East Bentleigh PS



6A

The students in 6A have been experimenting with writing a variety of poetry styles. Here are some wonderful example of their ballad and ode poetry.

THE BALLAD OF POWER by Markus

As I knelt at the foot of a statue, I realized a virtue was written on the side, "You are held back by no one except yourself". As I stared out across the hilly plateau, I thought my life is a lie and so on and so.

But the real thing that I felt was a spark of realization that no feat is too grand, no phenomenon is too phenomenal until you have believed that you have done it. If you are unsatisfied and looking for praise than if you don't realize that virtue on the hilly plateau you will reach a self-esteem low.

The power of belief and confidence is a superpower that only oneself can unlock. Some might say that it is the key to life.

We are always wondering about the meaning of life and what happens next after your soul has left your body, well. It has been in front of us all along. How ignorant are humans, never seizing what they have, only grasping for what they don't, constantly in motion, no stopping no realization.

But yet we still don't believe in the superpower of self-belief and confidence, just sadness and self-consciousness.

But there is still a spark left in our species, it's called Creativity and this is a superpower that self-belief is vital even the recital of this name in one's mind is hard without confidence. So, take the leap and be ...

CREATIVE!

A BALLAD OF NATURE by Jade

Refreshing my lungs
Smoothly rushing through my nose
Trees give it to us
With oxygen life flows

Blue and white patches
It's where the sun blooms
And night takes place
It's how life presumes.

Waves go crash
Sun goes burn
Seagulls go squawk
But no-one has concern.

It's so comforting
Oh, life in the nature
Must be such a wonder
Everything's a creature

Birds fly by
As they sing their song
Don't worry it's not weird
Everything does belong.

FIRE by Nami

Oh Fire,
So beautiful, so enticing.
As warm as soup in winter
As radiant as the sun in summer
Serene and pure
Perfect in every way
Oh Fire,
So deadly, so dangerous
As scorching as the sand on the warmest day of the year.
As charring as a wound inflicted with cold blood.
Destructive and lethal
Oh fire, how I adore you.

Wellbeing @ EBPS

Wellbeing + Fun



Have a family board game tournament -Cluedo, Monopoly, Scrabble or any game you like.

A whole heap of cardboard tubes. What do you do with these three items???

Make a cool DIY cardboard tube construction toy!



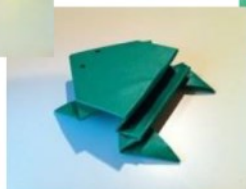
Lego challenge

The city wants you to build a new bridge to connect one side of town to the other side of town. Can you do it?



Make some origami animals

<https://www.origamiway.com/origami-animals.shtml>



Street sign Hunt

When you go for a walk look out for street names

Can you find one beginning with a letter from each letter of the alphabet



Make a vegie scrap garden



Movie time!

Pop the popcorn and make little

tickets for the movie. Get the kids to hand in their ticket and take a seat on the lounge for a movie morning/afternoon

If you choose to do any of these activities, we'd love it if you could take some photos and send to: lee.jellis@education.vic.gov.au

We'd love to put them in the next newsletter!

Parent Information



GARDEN NEWS



Hello students and families! Isn't the arrival of sweet perfumed air and blossoms and bees a happy sign of springs arrival! Our school orchard is exploding into flower.

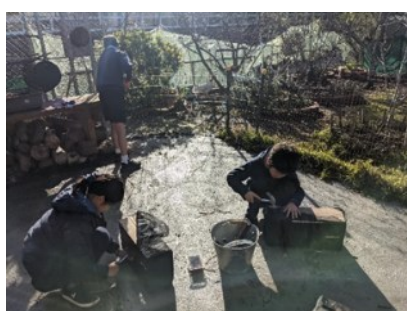


Our chickens are healthy and laying eggs (I even witnessed Ginger actually pop out an egg yesterday!), the broadbeans are being pollinated by bees, and the tomato seedlings are planted in anticipation of a great season.

Thank you to the volunteers who care for the chickens so well when I'm not at school.

Some extra exciting news is that we have been awarded another Junior Landcare Biodiversity Grant for 2021! This time it's to engage experts in local wildlife (John Harris of Wildlife Encounters, and Gio Fitzpatrick from Port Phillip Eco Centre) to come and teach us about the animals that live on our school grounds including nocturnal species and those we've built our habitat boxes for (kookaburra, boobook owl, micro bats, insects). Our environmental team students will participate in these educational incursions and pass on their knowledge to their classmates. A big thank you to our parent volunteer Emily Jones, who helped submit the grant application!

The forest plantings from last year's Junior Landcare "Biodiversity Corridor" Grant plantings are flowering for the first time which is very exciting, we look forward to next month's pollinate count to see what pollinators these plants attract:



We discovered resident "resin bees" (native wild pollinators) living in an insect hotel we put in the garden last year during our first lockdown. This inspired the students to build more insect hotels for our garden and learn more about our local pollinators for science week.

Yesterday I had the incredible help of Millie and Indy in year two, and Carol to plant 50 more indigenous grassy woodland plants on the hills near the oval. Slowly our Biodiversity Corridor is expanding!

Thank you helpers!!



Make sure you take time out (even 5 minutes) to step outside and look for signs of spring. Tune in the sweet smells, new sounds like crickets and bird song, the feeling of warmer sunshine, and the more vibrant flower colours and new green leaves emerging. So important to connect to nature for well being especially in this time of uncertainty and disconnection.

INSIGHTS

Wellbeing strategies for parents



The coronavirus pandemic and its associated disruptions are beginning to take a toll on our mental health and wellbeing. You don't need to look far in your community or social networks to identify a worrying trend of people experiencing a range of challenging emotions including mood swings, despair, anger, sullenness and lack of motivation.

People who usually pride themselves on being able to manage most difficulties that come their way now find themselves suddenly unable to cope, leading to a profound sense of disappointment. A number of people have spoken about feeling guilty for being a less than perfect parent, partner, teacher, work colleague or friend during these times.

This inability to cope is understandable. Our capacity to adapt to acutely stressful situations such as natural disasters has been severely depleted by the long-term nature of the pandemic. It's common in situations of great uncertainty to feel exhausted and experience periods of burnout. Coupled with this is a sense of loss that many people feel – loss of connection to friends and family, loss of freedom and a loss of a way of life.

There is no handbook for functioning in a pandemic however it's apparent that we need to accept that our lives will be different for some time. It also helps to expect less of yourself, which is the opposite to how high-achievers and perfectionists ordinarily operate. Feeling comfortable with uncertainty takes some getting used to as most of us have an innate wish to feel in control.

Daily wellbeing treats

Self-care is a proven remedy to most wellbeing ailments, but it's ironic that for many of us our self-care activities have been restricted by the coronavirus. Coffee with friends, a massage or a visit to the gym and other such activities are out for many people. However, this doesn't mean that we should neglect our mental health and wellbeing. Instead we need to look closer to home for our regular wellbeing treats. Things that help include regular deep breathing to start the body's relaxation response, practising moments of mindfulness to shut down mental chatter, finding hidden exercise opportunities to promote mood-enhancing endorphins and spending time each day in calm-inducing green space.

Resilience bank account

During my conversations one person described living in this era as "always feeling a little off balance, like standing in a dinghy in a rough sea and not knowing when the storm will pass."

Our mental reserves are constantly been called upon, so it's necessary to build regular practices into our lives that build our resilience. Hopefully, most of us had bulging resilience bank accounts before the pandemic hit but it's never too late start. Attending to areas such as sleep, good nutrition, regular exercise, relationship-building and self-care help keep our resilience buckets filled up.

Humans are adaptive and can get better at anything with practice, including living through a once in a century pandemic and all the changes it brings to our lives.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World* and *Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

Parent Information



THE CYBER SAFETY PROJECT IN PARTNERSHIP WITH
CITY OF GLEN EIRA CITY COUNCIL – YOUTH SERVICES

Cyber Safety & Wellbeing Live Parent Webinar

THURSDAY 26TH AUGUST 2021, 7:00PM – 8:00PM
Registration link: <http://tiny.cc/GECYS2O21>

Learn, connect and play safe online

Children today love to play, connect and learn online. This session aims at providing parents and guardians with insights and important information about popular online experiences children are exposed to today. Building a positive and healthy family environment where digital use is encouraged, but managed effectively, can be a tough balance.

Throughout this workshop the Cyber Safety Project Team highlight important settings and parental controls that allow your child to navigate online tools independently and safely. You will uncover proactive tools and strategies for developing fundamental digital safety and wellbeing skills in your young people at home, including ways to seek help when things go wrong online.

WHAT YOU WILL LEARN

- ✓ The Cyber Safety Project Methodology: Plan, Prevent & Protect
- ✓ Social networking trends and safety 101.
- ✓ Managing cyber bullying, help seeking strategies and resources.
- ✓ Parental controls & app privacy settings
- ✓ Cyberbullying and help seeking strategies
- ✓ Establishing and maintaining a safe digital environment in the home.

PROUDLY PRESENTED BY

THE CYBER SAFETY PROJECT



TRENT RAY
Educator & Microsoft Learning Consultant



SAM MACAULAY
Educator & Cyber Safety Curriculum Specialist

Cyber Safety Project is a Certified Provider by the Office of the eSafety Commissioner



trusted eSafety provider
esafety.gov.au

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



Join GESAC's
Junior Futsal Competition
October to March

Have Fun & Stay Active!



Keep the kids active and social through Summer

Grab some classmates & friends to create a team for GESAC's Junior Futsal Competition!



Team registrations are open for our all girls, all boys and mixed leagues.

Competitions range from Under 10s through to Under 16s and welcome all skill levels.

Games are played Tuesday and Wednesday evenings at GESAC.

Scan the QR Code for more information and pricing, or visit our website:
<https://www.geleisure.com.au/sports/junior-futsal-indoor-soccer>