

Principal's Report | - 2

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

- * Punctuality
- * Student Free Days - Teacher PD's
- * COVID Update
- * Bentleigh Farmers' Market
- * Before and Afterschool Care
- * Enrolments 2023
- * Congratulations Zara

BREAKFAST CLUB

8:15am-8:45am
in the PAC.

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

Please email Jane if your child has any food allergies

jane.ross@education.vic.gov.au

Thank you

Reporting Student Absences



Please remember to let the school know about any student absences by logging into COMPASS

Thank you

Diary Dates

Bentleigh Farmers' Market - Saturday 23rd
July 8am-12:30pm

*** Student Free Days***
Teacher PD's

Monday 8th August & Monday 29th August

Class 3M Play - Wed. 27th July 4pm

Grade 6 Bike Ed - Wed. 3rd August

Free Dress Day - Wed. 10th Aug
- Gold Coin Donation - to support people
in NSW & Qld Flood regions

EBPS Athletics Day - Yrs 3-6 Friday 12th
August

Hooptime Basketball Yrs 5-6
Friday 19th August

Athletics Squad Training - Fri. 26th Aug

MPSSA Athletics Carnival - Mon. 5th Sept

FOOTY DAY - Friday 16th Sept



East Bentleigh Primary School

Bignell Road
East Bentleigh 3165
Phone: 9570 3525

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

21st July 2022

Term 3 / Week 2, Issue 1

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 you are managing to stay well during this very cold snap. Thank you to those parents who are remembering to advise us via Compass or email that their child is home sick. It makes Ann's life much easier if she doesn't need to follow up the whereabouts of our students via a phone call.

Thanks also to those parents using the 'kiss and go' area efficiently. Remember it is not a parking space, rather a drop off and quick pick-up space. I ask that you are considerate of others in your use of the space. Another reminder though that the staff car park is for **staff** only, unless it is a family with a disabled sticker who are able to use the 2 spots allocated in the staff car park.

Punctuality

On Wednesday morning our office staff had written 41 late passes by 9.10am. Sadly many of the names on the list are all too familiar. Whilst we understand that these very cold mornings can make leaving our warm and snuggly beds difficult, and sometimes traffic can alter the best made plans, I ask that parents this refers to make a big effort to improve this practice. The cumulative figures of 'learning time lost' are quite startling. Coming into a class late can also make children quite anxious.

Berry St Education Model Teacher Professional Development - Student Free Days

Our staff will begin their intensive training in the Berry St Education Model this term. We have 2 days whole school training this term which will be followed by the remaining 2 days early in 2023. The delivery of this trauma informed whole school model is specifically designed this way to allow schools to put into practice the strategies taught throughout the course. The 2 days this term are **Monday 8th August** and **Monday 29th August**. Students are not required to attend on these days.

COVID Update

Please don't forget to let us know if your child tests positive for COVID. Also please remember that RATS are available from the school office should you need them. You will no doubt have all heard about the new recommendations made by the Department of Education regarding the wearing of masks for children in schools. Whilst mask wearing is no longer mandated, it is encouraged, especially during this current cold and flu season. This remains a parental choice and each family should feel free to make the best decision they can both for themselves and others. At school we continue to promote good hand hygiene and have enhanced ventilation in all learning areas. We appreciate parents limiting entering any buildings, (other than the office), unless absolutely necessary.



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

Thank you also for your vigilance in keeping unwell children at home.

As more events begin to appear on our calendar where parents may attend, we appreciate the wearing of masks whilst indoors, as unfortunately, the shadow of another outbreak of the COVID-19 virus, albeit a different strain from the original coronavirus, is a current concern. According to many medical experts the new COVID subvariants BA.4 and BA.5 are the most contagious yet. The latest variants are masters at evading immunity – meaning previous infection and vaccines are unlikely to provide much protection against catching it and we all need to be as careful as we can to ensure Term Three can be an absent-free term for students and staff.

These strains of COVID are expected to become the dominant strains in Australia in the coming weeks. A study has shown them to be almost six times more infectious than the original Wuhan strain of coronavirus. The fear is that the increase in the number of people infected will lead to an increase in hospitalization and deaths. Any of you with either family members or friends working in the health sector will know how much this current wave has affected them and how hard they are continuing to work in very difficult circumstances.

Bentleigh Farmer's Market

A reminder that our next Bentleigh Farmers' Market will be held this Saturday, between 8am and 12:30pm on our school oval. The weather forecast is for a coolish morning with perhaps a light shower later in the day, so I encourage you to come along, support our school's fundraising efforts and grab yourself some of the freshest produce in Victoria. Our market is a great place for parents to catch up over a coffee and a snack whilst the children play without the usual weekday running around. The whole 'feel' of our market is so much better when there are lots of school families in attendance. I look forward to seeing you there.



Before and After School Care

Camp Australia is our "Before and After School Care provider" and all students who are at school before 8:40 am and after 3:40 pm must attend this service unless a parent/guardian is in attendance with the student. Staff members are on yard duty from 8.45am and until 3.45pm as required by Department regulations to ensure your child's safety. Please contact Camp Australia if you need to have your child booked into Before or After School Care on 0487 004 078 during session times and, for all other times, 1300 105 343.

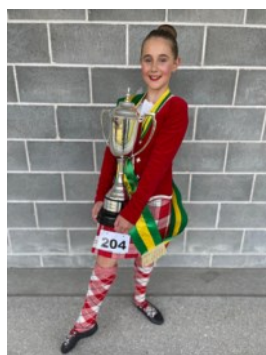
Enrolments 2023

These are now being taken - if you know of any sibling enrolments in either stream for next year would you please ask the parents concerned to let us know in the office asap. We have continued with school tours this term and need to ensure that we keep enough places available for our current families.

Congratulations Zara!

Zara from 5A had a busy school holidays participating in a number of events and displays with her Scottish Highland dancing school, Strathisla School of Highland Dancing. She travelled to Sydney and competed in the Grand Australasians Championship, coming 2nd in the 10 and under section. The following day was another big one with the inaugural Australian Championship which she won her age group. She was so excited as it's her first championship win after moving into this division early in 2021.

Then recently the Melbourne Tartan Festival was held in the city and the group displayed their dances on the steps of the Old Treasury Building before leading the procession of 200 bagpipers and drummers down Collins St. Practice is underway for a trip away next weekend to Gosford, NSW, to compete in the Internationals Championship. Well done Zara, you are obviously enjoying your dancing and reaping the rewards of your hard work. Congratulations!



*** 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

Until next time - Maria Shearn Principal 😊

Literacy @ East Bentleigh PS

Poetry Writing at EBPS

This term classes are learning about different types of poetry. Poetry is creative writing that attempts to stir a reader's imagination or emotions. The poet does this by carefully choosing and arranging language for its meaning, sound, and rhythm. Some poems express humour whilst others other may try to express a feeling, a strong belief or to tell a story.

This term students may be exposed to rhyming poems, ballads, odes, limericks, haiku and cinquain poems amongst others. They will learn about the structure of each poem and the way that language is used to convey a message. They will use rhyme, rhythm, imagery, alliteration, onomatopoeia and descriptive vocabulary to write poems about topics that are meaningful to them.

As an introductory task grade 3/4 students were asked to write a poem about a feeling using the five senses to illustrate what that feeling means to them. We look forward to sharing more poetry from our students this semester.

Love (Alistair)

Love smells like chocolate covered cookies
Love sounds like peaceful music
Love tastes like fairy floss and minty chocolate cake
Love feels like a teddy bear cuddling me
Love looks like friendship and people being kind

Frustration (Julian)

Frustration smells like a rotten apple dropped in the garbage bin
Frustration sounds like a terrible, loud creepy sound in your nightmare
Frustration tastes like guinea pig poo
Frustration feels like an itch on the knee that won't go away

Happiness (Adam & Cain)

Happiness smells like a warm lagoon at the side of a waterfall
Happiness sounds like children screaming with joy
Happiness tastes like hot Nutella with toasted bread
Happiness feels like running on an empty field with friends
Happiness looks like trying to get a hole in one and succeeding

Loneliness (Teresa and Claire)

Loneliness smells like rain falling from the sky
Loneliness sounds like a big house filled with silence
Loneliness tastes like salty water in the ocean
Loneliness feels like not finding anyone to play with
Loneliness looks like a human lost in the ocean

Love (Lily)

Love smells like a bunch of beautiful red roses
Love sounds like two bluebirds singing in a tree
Love tastes like melted chewy chocolate
Love feels like your parents giving you a big warm hug
Love looks like people giving hugs

Loneliness (Charlie F)

Loneliness smells like cookies burning in the oven
Loneliness sounds like a whole lot of nothingness
Loneliness tastes like a mushy mouldy banana
Loneliness feels like the rough surface of burnt bread
Loneliness looks like tears coming down a kid's face

Excitement (Gia)

Excitement smells like fresh cold air you will breathe in Tasmania
Excitement sounds like your plane taking off ready to go on vacation
Excitement tastes like home made freshly baked strawberry donuts
Excitement feels like you can jump as high as you want
Excitement looks like a bright beautiful beach sunset

Loneliness (Anna)

Loneliness smells like fruit that hasn't been touched for years
Loneliness sounds like lies told over and over again
Loneliness tastes like poorly baked cookies with no flavour
Loneliness feels like dying
Loneliness looks like being left out, without a choice but to run away

Sadness (Gil)

Sadness tastes like watery tears falling
Sadness sounds like sniffs from your nose
Sadness looks like tears falling from your miserable eyes
Sadness feels like something terribly went wrong
Sadness smells like rain from the sky

Maths at EBPS

Teachers love maths games too!!

On Monday Jen from MAV (Mathematics Association Victoria) organised a PD about challenging tasks and differentiation for all the teachers. We played lots of games that were challenging and involved problem solving. We can't wait to play these games with our students!



Wellbeing at EBPS

Something to think about...

It seems like everyone is talking about mental health these days.

Mental health includes our emotional, psychological, social and spiritual well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices and is important at every stage of life.

How many of us think of a deficit model when we think of mental *health*?

Stress, depression, medication, darkness, breakdown, schizophrenia, bi-polar disorder, psychologists, psychiatrists, the list goes on.

What comes to mind when we think of physical health?

Almost everyone has a positive model when it comes to physical health.

Exercise, gym, healthy eating and nutrition, good sleep patterns, good hygiene.

Have the conversation with others. Talk to your partner, children, neighbours, friends. What model do they use when defining mental health?

A simple daily practice

Stressed spelt backwards is dessert. Who doesn't enjoy dessert?

Perhaps try experimenting with your mental health in a positive and simple way, by adding a little dessert to each and every day. Model the practice and teach your children ways they can add dessert to their days. If we practice this during the good times, it may help support us in the leaner times.

Here are some examples of what you might do:

- * Get up earlier each morning and reflect, meditate, or just sit quietly
- * Make time to be with friends who are supportive
- * Eat healthy food and fill your body with nutrients
- * Watch a funny movie, or watch something you know will help you smile
- * Laugh...heartily
- * Be mindful of nature and the changes around you. Just notice what's happening in your garden at the moment. Make time to notice the little things.
- * Surround yourself with positive and affirming people.
- * Give someone a compliment
- * Get involved with a cause you believe in
- * Take a dance class
- * Go to bed earlier
- * Reminisce about good times
- * Ask for help
- * Help someone else
- * Go for a walk with a friend
- * Practice stretching, yoga or relaxation skills.
- * Breathe deeply



No one can change a bad beginning, but anyone can start now and create a successful ending. Aishwarya Singh

GARDEN NEWS

We are keeping busy in winter with many projects in Term 3 gardening classes.

Soil science

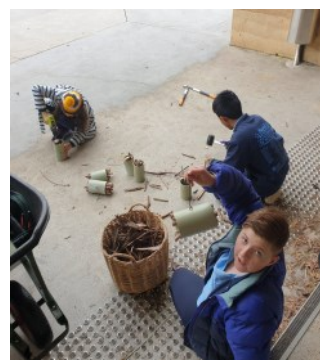
Year 3 students have become soil scientists, taking samples of soil from around the school and using senses to describe their components. We are conducting experiments with these samples to see how they react with water and how well they perform growing food.

Chook news

Our 5 Star Chicken Hotel has been enhanced further with Scott Maunders generous donation of the two 44 gallon drums he had sculpted for the Winter solstice lantern festival, and some beautiful fragrant camellia mulch donated by Martin & Cheryl Lim-Huish. The 2 steel drums are now upcycled into raised garden planters for a dwarf peach and nectarine providing shade in summer. The holes are perfect for slotting in wooden perches for our chickens to roost on and catch the sun in winter and get a new perspective of their coop. We have also scattered chicken foraging mix seeds so the chickens can have a ready-to-eat buffet. We have learned there are many ways we can enrich our lives and lives of our pets, to ensure we and animals stay active, learn new things and explore, and always improve the health of spirit, mind and body. What ways can you further enrich the lives of your pets at home so they don't get bored?

Thursday Market Garden stall

A big thank you to the year 6 students who volunteer to man the garden stall at Thursday market. We made \$40 in our first ever market, and this will help fund our rain tank irrigation system for our kitchen garden and European garden. We sell our hand grown seedlings for \$2.50 a punnet (cornflower, calendula, sweet pea all are great for attracting pollinators for spring), medium pots of borage for \$4, larger pots of sweet peas for \$5. We are also selling hand made insect hotels for \$8! Great mini habitats to hang in your garden to help our native pollinators and predator insects help your garden thrive without need for pesticides.



E.B.P.S HOUSE ATHLETICS Year 3-6

Friday 12th August 2022

9-1pm

School/Moorleigh Oval

100m, High Jump, Discus, Gaga Ball, Long Jump, Shot Put

Students can wear their House Colours on the Day.

We require the help of parents in scoring and marshalling for the day.

Please contact John at school if you can assist.



SELF- EXPRESSION

YOUTH ART EXHIBITION 2022

**YAE
22**

*Evasive Flight, Laura Wharton
Youth Art Exhibition 2021 entrant*

Calling all young people aged five to 25 with a link to Glen Eira (live, work or study). Submit your best artwork to be displayed in our annual Youth Art Exhibition — Self-Expression.

Hosted by Glen Eira City Council's Youth Event and Leadership Team, this event recognises and encourages young people's creativity and passion for art, encompassing the best parts of the Glen Eira community.

**SUBMIT YOUR ARTWORK
VIA OUR QR CODE**

Submissions open
Wednesday 22 June, 9am

Submissions close
Friday 19 August, 5pm

For more information, please visit
www.gleneira.vic.gov.au/yae

EXHIBITION OPEN
THURSDAY 1 SEPTEMBER TO
SUNDAY 2 OCTOBER 2022

Glen Eira Gallery
Corner Glen Eira and Hawthorn Roads,
Caulfield VIC 3162

PRESENTATION NIGHT
THURSDAY 15 SEPTEMBER, 6PM-8PM

ENTRANT CATEGORIES AND PRIZES

One winner for each entrant category.

JUNIOR	SENIOR
5-9 years	14-17 years
Prize to the value of \$100	Prize to the value of \$250
10-13 years	18-25 years
Prize to the value of \$150	Prize to the value of \$300

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Stoke Newington Werribee

Newsletter



A message from your Coordinator

Hello Parents & Families,

Welcome back to Term 3!

Last week in OSHC, we welcomed back our existing students, families, and new children to our program. This Term we have introduced mindfulness yoga into our program where the children get to learn and understand breathing and relaxation techniques. Our focus this Term will be on the children's wellbeing and can't wait to plan experiences to help support this in our program.

In the upcoming weeks, we will be guiding children's growth with crafts, painting, and construction themes. This is the main interests in our program and the team have worked closely to plan an enjoyable program.

Please view the upcoming activities. If you have any questions regarding our program plan, please feel free to call us on

0422836342 or can visit us in the school library.

Thanks and Warm regards,

Nidhi Srivastava

Activities coming up

- Shrink film designs
- Tile painting
- Winter theme canvas painting

What's on the menu

- Chocolate brownie with milo milk
- Granola oats bar
- Pita pizza & chickpeas salad

It's free to register

To attend our program, you must register your child. You can register an account with us at pp.campastralia.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](#)

INSIGHTS

by Michael Grose – No. 1 parenting educator



Let's talk about literacy

The importance of reading to children – on a daily basis, from birth and beyond – has never been more imperative, writes Karen Fontaine

Since 2002, the University of Melbourne's Centre for Community Child Health has run a Let's Read program in partnership with The Smith Family. Its aim? To make reading to young children "an integral part of early childhood development," the Centre's director, Professor Frank Oberklaid, told me in an interview 11 years ago.

"In the same way that we immunise children against the possibility of getting infectious diseases, we are arguing that reading to young children in the first few years of life is the best way of immunising them against poor literacy later on," he said.

More than a decade down the track, the report card for the children the Let's Read program is trying to reach isn't exactly glowing – and that isn't my appraisal, it's that of Peter Garrett. Before he resigned as the federal Minister for School Education, Early Childhood and Youth, Garrett penned a newspaper article headlined 'We cannot be proud of our literacy levels'.

"Australia's overall literacy results have not been improving, and we are well behind many other countries in literacy tests," Garrett wrote in *The Daily Telegraph* in April 2013. "Reading is the core skill that every student needs to succeed in school and in life. But too many Australian kids are not getting the basics they need to progress through their schooling confidently, and to get a job when they leave school."



Garrett offered as examples the fact that around 75,000 students who sat NAPLAN tests in Years 3, 5, 7 and 9 in 2012 didn't meet national minimum standards. In Year 4 reading, one in four students are not meeting international benchmarks. In the most recent tests conducted in 2010, Australia performed worst out of all English-speaking countries; our score was lower than that of 21 other nations. This result is made worse when you consider that literacy is defined by the United Nations as a basic human right.

In response, Garrett unveiled a series of reforms, one of which was that hundreds of thousands of children would be assessed in their first year of school to find out whether they are at risk of falling behind and require extra help. In addition there would be a three-year 'reading blitz' for 1.1 million students from kindergarten to Year 3.

But the \$64 million question is this: will these reforms actually improve Australian children's literacy levels?

One expert, Annemarie Laurence, a clinical educator in speech pathology with the Speech Pathology in Schools (SPinS) program run by the University of Newcastle, fears not.

Identifying 'at-risk' children at the age of five is "two years too late", warns Ms Laurence, who works every day with children struggling with literacy.

In *The Sydney Morning Herald*, Ms Laurence painted a wretched picture of the plight of the children with whom she works. "In the years before they started school, an outing for these children was being pushed around in a stroller at the local Westfield [shopping centre]. They have an iPad. They rarely have a book read to them. Their language is not stimulated regularly by conversation and questioning. They may have a speech delay so perhaps both familiar and unfamiliar people might have difficulties understanding what they are saying. They arrive on the mat on the first day of kindergarten with a mild receptive language delay



(comprehension) and a severe expressive language delay (expression). If you think I sound a bit doom and gloom, my own research shows that in the schools I work in, about 40 per cent of the kindergarten children will present this way."

Although disadvantaged children are certainly at a higher risk of lower levels of literacy, even in higher socio-economic circles there exists a misapprehension that a child will succeed at school whether he is read to or not – just because both of his parents can string sentences together.

In a joint article in *Scientific American* magazine in 2002, a group of five US researchers – professors of psychology, linguistics and paediatrics – noted that "although many parents might think that innate intelligence will govern how well their kids learn to read no matter what type of instruction is given, the evidence suggests otherwise".

Indeed, as Professor Oberklaid points out, the foundations for literacy are established long before children start school. "Young children who are exposed to words and language develop language but literacy is a learned skill ... and so by the time children get to school, when the brain is well on its way to being developed, children who are vulnerable find it very hard to catch up," he told ABC TV's News Breakfast program.

Professor Oberklaid went on to say that while reading books to children is important, creating a "language-rich environment" to establish strong literacy building blocks is also crucial. "The theme is 'anytime, anywhere'," he said. "It can be a walk in the park; it can be looking at street signs (and) introducing children to the idea that words have meaning."

The underlying message could not be clearer: make reading to kids a habit as non-negotiable as the ritual of brushing teeth.

As Paul Jennings, author of *The Reading Bug ... and how you can help your child to catch it*, puts it: "Our happy ending is to know that no matter where they go, children lost in books will always find their way home".

"The fire of literacy is created by the emotional sparks between a child, a book, and the person reading. It isn't achieved by the book alone, nor by the child alone, nor by the adult who's reading aloud – it's the relationship winding between all three, bringing them together in easy harmony."
Mem Fox, author of *Reading Magic: Why Reading Aloud to Our Children Will Change Their Lives Forever*.

Fox, a literacy consultant and the bestselling author of such classic children's books as *Possum Magic* and *Time For Bed*, has spent much of the past 20 years urging parents to read aloud to their children – particularly in their first few years of life.

Her book for adults, *Reading Magic*, espouses the many benefits of doing so – such as developing children's ability to concentrate at length, to solve problems logically, and to express themselves more easily and clearly.

These are Mem Fox's 10 'Read Aloud Commandments' for parents and caregivers:

1. Spend at least ten wildly happy minutes *every single day* reading aloud.
2. Read at least three stories a day: it may be the same story three times. Children need to hear a thousand stories before they can begin to learn to read.
3. Read aloud with animation. Listen to your own voice and don't be dull, or flat, or boring. Hang loose and be loud, have fun and laugh a lot.
4. Read with joy and enjoyment: real enjoyment for yourself and great joy for the listeners.
5. Read the stories that the kids love, over and over and over again, and always read in the same 'tune' for each book: i.e. with the same intonations on each page, each time.
6. Let children hear lots of language by talking to them constantly about the pictures, or anything else connected to the book; or sing any old song that you can remember; or say nursery rhymes in a bouncy way; or be noisy together doing clapping games.
7. Look for rhyme, rhythm or repetition in books for young children, and make sure the books are really short.
8. Play games with the things that you and the child can see on the page, such as letting kids finish rhymes, and finding the letters that start the child's name and yours, remembering that it's never work, it's always a fabulous game.
9. Never ever *teach* reading, or get tense around books.
10. Please read aloud every day, mums and dads, because you just love being with your child, not because it's the right thing to do.

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