

Principal's Report | – 3

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

- * Staff Retirement - Jenny Small
- * NCCD explained
- * 2022 Enrolments
- * Getting tested



East Bentleigh Primary School

Bignell Road
East Bentleigh 3165
Phone: 9570 3525

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

22nd July 2021

Term 3 / Week 2, Issue 1

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 communication finds you all as well as you can be during this time of great uncertainty. My thanks to those of you who have sent such kind emails to our staff and I. They are very much appreciated. We also appreciate greatly the efforts parents are making in co-teaching your children, especially those in the younger classes. As I said in my message to you earlier this week, we are all looking forward to welcoming our students back onsite on Wednesday 28th July. We will of course be monitoring the CHO advice carefully. For those families who are eligible to request onsite supervision please see below for the DET advice I am following. The new Term 3 form for requesting this is now on our website for your convenience. Families requiring this service on Monday and /or Tuesday next week, must complete this form and email the form to me by Friday this week in order for proper planning to take place. Please do not be offended if you get an email or phone call from me to clarify eligibility requirements. Our school is adhering strictly to the 'work from home' advice as it is clear that movement is this virus' best friend. The smallest number of volunteer staff will be onsite each day to support eligible families where no other supervision arrangements can be made.

Children where both parents and/or carers are considered authorised workers who cannot work from home, work for an essential 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.*

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.*

Continued next page.....

Diary Dates

EBPS House Athletics Day - Year 3-6
Fri 6th Aug

3H & 3L Myuna Farm Excursion -
Mon 9th Aug

Hooptime Basketball Year 5/6 -
Fri 20th Aug

MPSSA District Athletics Yr 3-6 -
Mon 30th Aug

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

Staffing- Retirement- Jenny Small

Despite the current circumstances, the world continues to turn and the time has come for Jenny Small to put a final full stop on her brilliant teaching career. Jenny has taught hundreds of children during her 30 years at our school. Children who have been fortunate to be taught by Jenny were provided with an engaging, rigorous and differentiated learning program, in fact I have often described Jenny as our 'differentiation queen', teaching other teachers how to meet each individual child's learning needs and adjusting the learning program accordingly.



In her last 6 months of her long career Jenny has capably led our tutoring program, doing much to support many students to 'catch up' in maths after the disjointed year last year. I could go on and on listing Jenny's many achievements at our school. Suffice to say we will miss her at EBPS but are sending her on to her well deserved retirement with all of our best wishes. Jenny and husband Chris were planning to travel in retirement, which I'm sure they will within Australia as soon as they are able to. We were planning a staff farewell this Friday, which we will of course need to reschedule - another casualty of COVID. In my conversation with Jenny earlier this week she even gave me permission to tell everyone that she will be turning 65 this coming Saturday, a well kept secret that had many of her students guessing over the years. Go well Jenny.

Nationally Consistent Collection of Data on School Students with Disability (NCCD)

Every year, all schools in Australia participate in the Nationally Consistent Collection of Data on School Students with Disability (NCCD). The NCCD process requires schools to identify information already available in the school about supports provided to students with disability. These relate to legislative requirements under the *Disability Discrimination Act 1992* and the *Disability Standards for Education 2005*, in line with the *NCCD guidelines (2019)*.

Information provided about students to the Australian Government for the NCCD includes:

- * year of schooling
- * category of disability: physical, cognitive, sensory or social/emotional
- * level of adjustment provided: support provided within quality differentiated teaching practice, supplementary, substantial or extensive.

This information assists schools to:

- * formally recognise the supports and adjustments provided to students with disability in schools
- * consider how they can strengthen the support of students with disability in schools
- * develop shared practices so that they can review their learning programs in order to improve educational outcomes for students with disability.

The NCCD provides state and federal governments with the information they need to plan more broadly for the support of students with a disability.

The NCCD will have no direct impact on your child and your child will not be involved in any testing process. The school will provide data to the Australian Government in such a way that no individual student will be able to be identified – the privacy and confidentiality of all students is ensured. All information is protected by privacy laws that regulate the collection, storage and disclosure of personal information. To find out more about these matters, please refer to the [Australian Government's Privacy Policy \(https://www.education.gov.au/privacy-policy\)](https://www.education.gov.au/privacy-policy).

Further information about the NCCD can be found on the [NCCD Portal \(https://www.nccd.edu.au\)](https://www.nccd.edu.au).

If you have any questions about the NCCD, please contact us here at school.



2022 Enrolments

Term 3 is when we begin our planning phase for 2022 in earnest. If you haven't already done so could parents of younger siblings please ensure that you have sent in a completed enrolment form as soon as possible. If you know of any families in the community wanting to enrol their child at our school in 2022 please ask them to call us or refer them to our website for our virtual tour, as we are currently unable to do onsite tours.

Principal's Report - Maria Shearn

Getting tested - please note that if your children are unwell and exhibiting any symptoms – they should also be getting tested.

Please refer to the Coronavirus Victoria website <https://www.coronavirus.vic.gov.au/> for more information or call the Coronavirus Hotline **1800 675 398**.

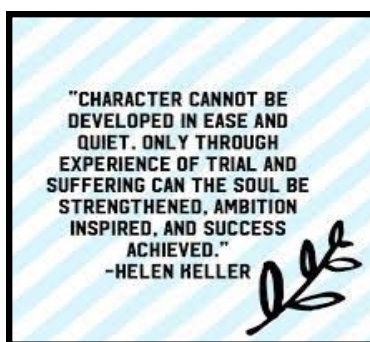
Finally...

Parents, please take care of yourselves. This 5th lockdown seems to have intensified feelings of anxiety in both children and adults alike, with some teachers reporting a decline in engagement in online classes and with some parents asking the question, I don't know what's wrong with me... I feel so blah, I can't get myself or my child motivated.

Remember all feelings are valid, and everyone's situation is different... the expression that 'we're not all in the same boat, but rather in the same storm' resonates strongly for me.

Perhaps now is a good time to re-read the New York Post article, '**Languishing**' attached to a recent Bulletin - https://www.eastbentleighps.vic.edu.au/uploaded_files/media/t2_4_3_jun_21.pdf. My first reading certainly helped me to put a name to experienced feelings. You may also find the article from Michael Grose at the end of this newsletter useful. Please reach out if you require support. We are only a phone call or email away.

**** Thought ****



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



HELP RAISE FUNDS FOR



East Bentleigh
Primary School

BY USING YOUR RITCHIES LOYALTY CARD



- Download the Ritchies Loyalty App
- Nominate our organisation
- Shop at Ritchies
- You will benefit and we will benefit

CONDITIONS APPLY
Go to www.ritchies.com.au/loyalty
Google Play and the Google Play logo are trademarks of Google LLC.

Please go to the website below if you are already a member and /or want to become a new member
- to get your new RITCHIES card <https://www.ritchies.com.au/loyalty>

PLEASE REMEMBER TO NOMINATE EAST BENTLEIGH P.S. - Thank you!

Maths at EBPS



Maths opportunities at home – Extra resources and useful websites

In our previous newsletter and earlier lockdown we covered everyday activities at home and linking them to maths. This week I thought I would share some extra resources and useful websites where students can learn about maths.

https://nrich.maths.org/primary	NRich is a maths website run by Cambridge University it's focus is developing mathematicians of the future and has a large array of problems and puzzles to tackle at all age levels (all the way through to high school).
https://www.youcubed.org/resource/youcubed-at-home/	Youcubed is led by Jo Boaler who is a guru in mathematical learning and developing positive mindsets around maths. This website is useful for teachers, parents and students alike. This particular page has some activities and ideas for home.
https://nzmaths.co.nz/maths-our-house	The New Zealand educational website is very handy and has some more tips and tricks for maths at home. You may notice some ideas from our previous newsletter.
https://www.lovemaths.me/games	This is a wonderful website created by a local maths teacher Mick Minas. It's a great resource and I know many of us teachers here at EBPS use these activities in the classroom. The games and activities here are fantastic for developing mathematical skills, great for the family and give you a break from the screen!

Also check out the school website for an advice booklet from the Department for learning activities at home in Literacy and Numeracy.

https://www.eastbentleighps.vic.edu.au/uploaded_files/media/literacyandnumeracytipstohelpyourchild_final_75.pdf

Laura Siu - Numeracy Coordinator





Literacy @ East Bentleigh PS



Hopefully we will be back at school next Wednesday, but lockdown fatigue has set in for many of us so this week - we would like to share some literacy games and activities for our junior students this week. They can be played with parents or an older sibling and they don't require much preparation.

Rhyming Ball

In this game, kids can show the rhymes they know. Sit facing each other a metre apart and roll a ball to your child. Then say two words. If the words rhyme, your child should roll the ball back to you. If the words don't rhyme, your child should keep the ball until you offer a pair of words that rhyme. The words can be real e.g. tall and call or nonsense words as long as they rhyme.

Vary the game: Have your child say a word and then roll the ball to you. Roll back the ball with a word that rhymes with your child's word. See how long you can keep things rolling or repeat the words and add one each time to make it a memory game.

Storytelling Sack

Children often don't know where to start when telling a story. You can help them find the words with prompts from a storytelling sack! To make a storytelling sack, get a fabric drawstring bag, a pillowcase or a shopping bag. Fill the sack with small, interesting items — toy animals, LEGO figures, toy tools, craft items and other random objects.

To start the storytelling each person takes a turn removing one object at a time. The first person uses the object to start a story. As each storyteller removes an object, they use it as their prompt to add to the story. The person who pulls the last object from the bag has to end the story. This can be played by two or more people and is a simple and fun way to develop oral language skills.

Famous Storytellers!

Storyline Online is a great website that has a huge number of children's storybooks being read by famous people. Go on a whimsical journey with some well-known actors, politicians and authors! Most children love being read to and the range of books is extensive. A personal favourite is Betty White reading Harry the Dirty Dog.

<https://storylineonline.net/library/>

Jill Griffin & Amanda Kershaw - Literacy Coordinators



Wellbeing @ EBPS

Nine Ideas To Help Create Some Happy

Make some cool rock art.



Secret Drawing

Sit with your backs to each other

One person describes the drawing

The other listens and draws it without looking.



Do a colour hunt when you go for a walk



Write a thank you note to your local supermarket worker

Aim to give a compliment to every person you speak with today

Keep a journal of everything you have to be thankful for over three days

Make yourself a sweet bookmark



Draw or paint a picture of something in nature for someone special



Make a list of things that make you happy, then do three of them



Make a happy/silly smile use it to smile at everyone you see



Play some of your favourite music and dance like nobody's watching.



POEMS BY CLASS 5T - 'LOCKDOWN'

Lockdown

Another day has come and gone,
this isn't the beginning.
I've been in lockdown for a while,
now the feeling's really hitting.
The one thing I wish above everything else,
is Covid caught in netting.
If this had finished long ago,
I'd probably quit this worrying.
The only advice that I can give you,
is just keep on going.
I know lockdown is hard for all of us,
But just quit the moaning.

By Ella

Lockdown 1.0, Lockdown 2.0, Lockdown 3.0,
Lockdown 4.0, Lockdown 5.0

Oh here we go again lockdown 5.0.
It's stopping me from where I want to go.
Before lockdowns life was fast paced, mum never slowed down.
Until everything stopped when this virus came to our town.
I just want to go back to school.
So I can learn properly, not be a fool.
I feel like this is all a bad dream.
As not seeing my friends, I want to scream.
I miss my school and my teacher.
Learning with mum, it's a great feature.
I miss my family, soccer, and shopping,
Also playing with my neighbours, miss their knocking.
We now use the internet for school and catchup talks.
I miss seeing everyone in person, hugs from Nanna and fun walks.
Is this all real or just in my head?
As I lay awake in my bed.
I feel so sad.
Makes me mad.
I hope this is over soon.
To get out of this gloom.
I wish this would go away.
So I can be free to play.

By Michael

In lockdown

Can't do karate,
might kick over the tv
Can't go swimming,
well maybe the sea
Can't go to my friend's house
I hate it, it's tough
Can't go to chess club,
and play it in person.
Lockdown's boring it's not fun,
they need to vaccinate
EVERYONE!

At home

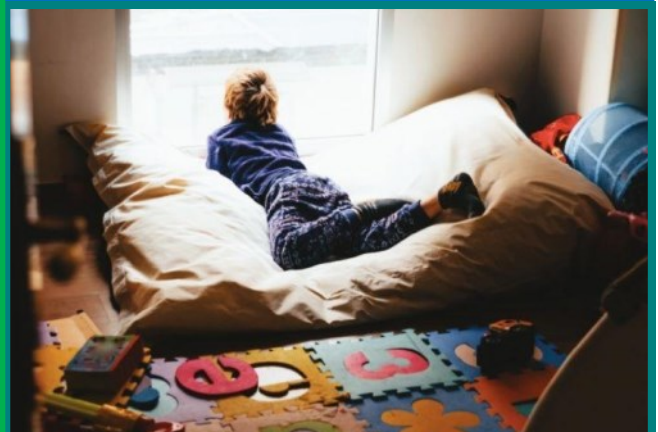
I like to play
Chess
and beat my dad.
I like to play Minecraft
with Iggy and Andre.
I like calling my friends,
it is really fun
But they still need to vaccinate
EVERYONE!

By Keifer

Lockdown is annoying
It's out of my control
It makes me feel unhappy
Keeping positive is my goal

I get lost in lockdown
The days I do not know
It seems like it goes on and on
Lockdown, I'll soon outgrow.

By Ignatious



Maintaining kids' mental health during the coronavirus pandemic

by **Michael Grose**

While there are concerns about the negative impact of physical isolation is having on children's learning, we should also be concerned about their mental health. Teachers and health professionals report that the strain of physical isolation is starting to show for many children and young people. Any anxiety and fear they experience is heightened by isolation from friends, lack of access to their usual sports and leisure activities and a lack of certainty about the future.

In these challenging times kids' mental health needs to be a high priority. The following plan laid out by the experts at Parenting Ideas will show you how to lay a solid foundation for good mental health, and outline key behaviours that will help build the resilience and psychological strength that kids need in these difficult times.

Build the foundations for good health

A healthy diet, plenty of exercise and good sleep patterns are basic to good physical and mental health. Get the foundations right and you establish optimum conditions for your child to flourish even in difficult circumstances.

Eat a healthy diet The 'healthy body, healthy mind' mantra that we grew up with needs to be updated to 'healthy gut, healthy brain'. Recent research has revealed the links between a child's gut health and good mental health. Kids who experience anxiety and depression typically have imbalances of adrenaline (which keeps the brain alert) and GABA (which calms the brain down), that can be rectified with good gut health.

A framework for healthy eating includes eating real rather than processed foods, consuming small and regular meals, starting each day with protein and complex carbs, drinking plenty of water and keeping kids away from caffeinated drinks.

Get plenty of exercise Exercise not only promotes good mental health. It's also a tool that kids can use to manage their mental states. Exercise and movement send endorphins through their bodies improving mood and relieving tension and stress. Exercise and movement relaxes the muscles and reduces feelings of anxiety that build up over time.

A framework for exercise includes starting the day with some movement, taking regular movement and game breaks, finishing the school day with movement that gets their limbs moving and hearts pumping.

Maintain good sleep patterns The benefits of good sleep patterns are immense and far-reaching, impacting kids' learning, memory and emotional stability. Sleep restores the brain to optimum conditions and rejuvenates the body, allowing hormone levels elevated during the day to return to normal. Consequently, sleep-deprived kids experience greater anxiety doing routine tasks and have a propensity for pessimistic thinking, which is associated with anxiety and depression.

A framework for good sleep patterns includes finding an optimum bedtime; creating a regular, relaxing routine, eating and exercising at the right time, creating a sleep sanctuary and getting up at regular times each day.

Add the pillars of good mental health

Mental health is complex and is impacted by many factors including a child's social and emotional wellbeing. The following four pillars have an insulating effect on your child's mental health, acting as circuit-breakers when life becomes difficult and complex.

Maintain social connection As social beings we long for connection to others and a sense of belonging to groups. While time alone can be restorative, sharing experiences, thoughts and stories with others is absolutely essential to your child's happiness and wellbeing.

A framework for social connection includes one-on-one time with family members and other loved ones, having shared family experiences to confirm a sense of belonging, having shared time and experiences with peers from school and the neighbourhood, and a connection with the broader community through shared experience, cause or goal.

Stay in the present The human mind is restless, taking us all over the place. It can make us feel happy recalling memories of loved ones or happy times and it can also drive insecurity connecting us to events in the past or future that fill us with dread, and make us feel anxious. Kids' wandering minds need to take a rest and settle in the present, stopping their mental chatter, giving them the chance relax. Mindfulness is an essential mental health tool that enables children to keep their minds in the present moment, allowing them to feel safe and secure.

Parenting Article

A mindfulness framework includes regular mindfulness exercises, doing one thing at a time, using mindfulness during an anxious moment, practising self-kindness and forgiveness.

Enjoy yourself at play The term 'child's play' is demeaning to children and dismissive of the place of play in our lives. Play is absolutely critical to our happiness and wellbeing. Borrowing from the work of Dr. Brene Brown, play is defined as any activity that's fun (therefore highly anticipated), free (that is, self-directed) and involves flow (we don't want it to stop). Play helps kids manage anxiety and depression as it lifts their mood and is therapeutic by nature.

A play framework includes space and time for play, child-initiated activities, a mix of lone play and group activity, some social or physical risk may be involved.

Spend time in nature Recent studies highlight what we already knew – that time spent in natural environments benefits our happiness, our sense of wellbeing and reduces stress and tension. The rejuvenating benefits of time spent in the bush or by the sea may be difficult to acquire during times of physical isolation but walks to the park, spending time under a favourite tree or even bringing some green shrubs inside have proven to be just as beneficial to children's mental health.

A time in nature framework includes management and reduction of screen time, exposure to natural environments in the neighbourhood, bringing the outdoors inside, and spending some time each day outdoors.

Practise protective behaviours

Our daily habits contribute to our wellbeing and mental health. Some habits such as spending too much time in front of a screen may be detrimental. There are a number of behaviours, when practised continuously, build our resilience and resistance to daily difficulties. These include:

Keep foundation behaviours Routine behaviours such as waking at the same time, having breakfast, exercising, showering and dressing get us ready for the day ahead. They underpin productivity, learning and wellbeing. Remove the structure provided by these foundation behaviours and many children and young people struggle, particularly those who are prone to anxiety and depression.

A foundation behaviour framework includes morning routines and rituals to prepare for the day, after school and evening wind down routines, and routines that prepare children for sleep.

Practise deep breathing Recognition of the benefits of deep breathing dates back to ancient Roman and Greek times when deep belly breathing was used to rid the body of impurities. Modern science informs us that deep breathing instantly engages our capacity to relax and stay calm. When a child becomes anxious or fearful their breathing becomes shallow. Taking deep, slow breaths when they become overwhelmed by anxiety is the quickest way to return to a calm state. Deep breathing has great preventative powers helping the mind stay in a state of focus and calm.

A deep breathing framework includes practising deep breathing spontaneously throughout the day, combining deep breathing with mindfulness practice, using deep breathing to restore energy when tired, and breathing deeply during an anxious moment.

Check in on feelings If children and young people are not tuning into their emotions they are missing a rich vein of information that will assist decision-making, learning and importantly, their wellbeing. It's relatively easy to tune into behaviour and our thoughts, but much harder to detect our emotions. The skill of emotionally checking in, developed by Prof. Marc Brackett from the Yale Centre for Emotional Intelligence, helps children and young people to identify how they are feeling at any given time. It requires kids to stand still, close their eyes, take some deep breaths, identify and give a name to their feeling. This simple habit of checking, once practised and learned is a wonderful life skill to acquire.

Looking after your child's mental health may seem like a mystery at times. But there is a great deal we can do. By laying a foundation for good general health and then working at maintaining the pillars of mental health and teaching kids the protective mental health behaviours you provide them with a solid framework for maintenance of good mental health that they can take into adulthood.



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.

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

Specialising in Student Tuition



- ✓ **Classes For All Primary & Secondary Students (Prep to VCE)**
- ✓ Offers structured & challenging courses in English, Maths, General Science and Chemistry with emphasis on concepts understanding and foundation building.
- ✓ Provides weekly workbooks with excellent learning and revision materials plus practice exercises for all students enrolled in our classes
- ✓ All classes conducted by experienced teachers
- ✓ **Scholarship / SEAL program / Selective Schools** exam preparation classes with full length practice tests also available for prospective student
- ✓ Face-to-face and online, both options are available



Excellent Value



Proven Success



Selective High Schools Winners



Online / Offline Class



Practice Exams & Techniques

Caulfield Campus

Glen Eira College

76 Booran Road, Caulfield East

Contact Jess on 0411 521 931

or email Caulfield@north-shore.com.au

ENROLL NOW



Show your kids the joy of movement.
Fun and fitness starts here.

Kids are under a lot of different pressures these days—definitely more than when we were young. FITkids is a fitness program for kids aged 5-17, designed to teach them important tools to set them up for life — and make sure they have fun while doing it.

The FITkids program helps your kids learn a range of core, strength, and skills work, so they can burn off that after-school energy, learn fun new ways to move, and boost their self-confidence as they see real progress in their abilities.

Your kids will also develop important self-defence skills and the attitude, mind set, and confidence to navigate difficult situations—or avoid them altogether. We'll teach them:

Boxing
Strength & Conditioning
Self-Defence
Health & Wellness
Mindfulness
Teamwork & Play



"My son has participated in the FITkids program for the past 3 years.

I have seen such a huge improvement in his fitness, confidence and interpersonal skills."

Jolene (a FITkids parent)

The FITkids program is designed by experienced, qualified coaches & teachers. As teachers, fitness instructors, and parents ourselves, we're constantly researching and refining the best ways to engage your kids.

Register your child for a **free trial** at any of our locations via details below.

- 📍 **South Melbourne** 29 White Street
- 📍 **Moorabbin** 18 Nellbern Road
- 📍 **Collingwood** 40-72 Rokeby Street
- 📞 1300 344 483 (option 4)
- ✉ info@fitkidsbigheroes.com.au
- 🌐 www.fitkidsbigheroes.com.au

