

## Principal's Report | – 3

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

- \* Rapid Antigen Tests in Schools
- \* 2022 Student Leadership
- \* Planning 2022
- \* Shade Sails
- \* Sunsmart & Thunderstorm Asthma
- \* Enrolments for 2022
- \* Class Planning for 2022



# East Bentleigh Primary School

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11th November 2021

Term 4 / Week 6, Issue 3

## BREAKFAST CLUB

Is back!

8:15-8:45am

in new Performing Arts  
Centre (PAC)

*If your child has allergies—  
please email*

[jane.ross@education.vic.gov.au](mailto: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 that this communication finds you as well as you can be. It's hard to believe that when this newsletter goes out there will be only effectively 5 weeks left of school for the year, another challenging one after the start of the pandemic in 2020. Whilst many of our regular Term 4 events won't be happening again this year due to restricted operations in schools, we will be welcoming our 2022 Prep students for 2 school visits and holding our Year 6 Graduation in the last week of term.

The implications of COVID management continue to evolve as the weeks pass and our society learns how to safely live with it in our community. On Monday this week we received the details of what the Education Minister's announcement earlier that day in regards to Rapid Antigen Testing program. Essentially what it means is that should another notification of a positive case in our school occur, all PCC's (Primary Close Contacts), usually a class cohort, the isolation period after confirmation is now 7 days not 14, thus shortening the length of time children are out of school. Please see below further written advice from DET as to the steps in returning to school if you/your child has been a PCC.

### Advice on Rapid Antigen Testing in Schools

From Monday 15 November, the Department of Education and Training will implement a state-wide roll-out of this program with any new COVID-19 exposures at school sites.

This state-wide roll-out of rapid antigen testing is one of many strategies currently in place to support schools during the COVID-19 pandemic. The department's website includes further advice and support for managing and responding to COVID-19 in schools.

The at-home rapid antigen testing program is an opt-in program for unvaccinated, or partially vaccinated, students. Schools will provide parents with rapid antigen test kits. Schools will be provided with these test kits as needed.

For families participating in the at-home rapid antigen testing program, children must quarantine at home for seven days. On day six of quarantine, the child must get a standard (PCR) test at a local COVID-19 testing site. If the test is negative, they must provide the results to your school, and can then return to school on day eight. Students will then be required to return a negative rapid antigen test result each morning from days eight to 14 on school days, which must be reported to your school by 8:30am before they arrive at school.

Importantly, parents must continue to follow current school policy and public health advice and stay at home and get tested for COVID-19 with a standard (PCR) test, regardless of a negative rapid antigen test result.

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## Diary Dates

### Prep 2022 Transition Program

Friday 19th Nov. 9:30-10:30am - No. 1

Friday 26th Nov. 9:30-10:30am - No. 2

### Year 5 Student Leadership

Written Applications Due Friday 26th  
November

Student Candidate Speeches Mon  
29th November



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

### **'Stay at home when unwell and get tested' policy**

It is important to note that rapid antigen testing does not replace PCR testing for the purpose of diagnosis of COVID-19 in children, staff and students, regardless of their vaccination status.

Staff and students should adhere to current school policy and public health advice. Anyone unwell must remain at home and get tested for COVID-19 with a PCR test, even with the mildest of symptoms, regardless of a negative rapid antigen test result.

### **2022 Student Leadership**

It is an exciting time for our Year 5 students at the moment because it is at this time of the year our selection process for our Student Leadership team takes place. The teachers and I will be working through this process with the students in the next few weeks. We will talk about and ask our Year 5's to think about the following very important facts - that student leadership within the school environment comes with responsibilities which includes being a strong and positive role model for others and promoting our school values:

- by setting an example for fellow students,
- by participating in all house sporting events and school activities,
- by acting responsibly,
- by being confident and well spoken,
- by being supportive of other children encouraging tolerance & compassion,
- by displaying leadership qualities and a team approach,
- by adhering to the school code of conduct,
- by being punctual to school and having high attendance at school.

All of the above are what we see as vital components of strong leadership in our students.

There are three stages involved for the selection of our student leadership team for 2022.

Firstly interested students will be asked to submit written applications by Friday 26<sup>th</sup> November. Student candidate speeches will be held on Monday 29<sup>th</sup> November at 11:30am, then finally those students wishing to apply for a School Captain position will sit an interview at a time to be announced. I wish all of our students who would like to be considered the very best of luck.

### **Planning 2022 - Thank You**

Thank you to those parents who have been kind enough to let us know that they will be moving to another school next year due to a house move, move interstate or overseas, (of which there have been a high number due to families reassessing priorities after the pandemic). It really does help us in this all-important planning time so we can make the best decisions possible to support all our students in 2022.

### **Shade Sails**

I'd like to acknowledge and thank our Business Manager Libby Mason for her hard work (in a very short time frame), in putting in an application for the recently announced 'Shade Sail Grant Program'. We received a letter today to advise we were successful in our application and will have \$25,000 to spend before May 2022 on a new set of shade sails for our school. Thank you Libby.

### **Prepare to be Sunsmart and for Thunderstorm Asthma Season**

There are important steps that can be taken to ensure students are sun smart and safe at school. UV radiation is at its highest from mid-August to April and peaks during school hours. Schools are required to have measures in place to manage extreme heat and provide sun and UV protection. Extreme heat or a heatwave is a period of unusual and uncomfortable hot weather that can negatively affect health.

Asthma and hay fever symptoms increase every year between October and December. There is also the chance of an epidemic thunderstorm asthma event during grass pollen season. Increased risk of thunderstorm asthma can occur in people with:

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

To be sun smart and safe there are three important steps to take. These are:

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

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## Principal's Report - Maria Shearn

### Enrolments for 2022

Whilst Prep enrolments are still being taken in our Steiner classes, our Mainstream class is almost full. If you know of any sibling enrolments, or any others for next year, would you please ask the parents concerned to let us know in the office, so we can be sure they are included in our planning decisions which are now well advanced.

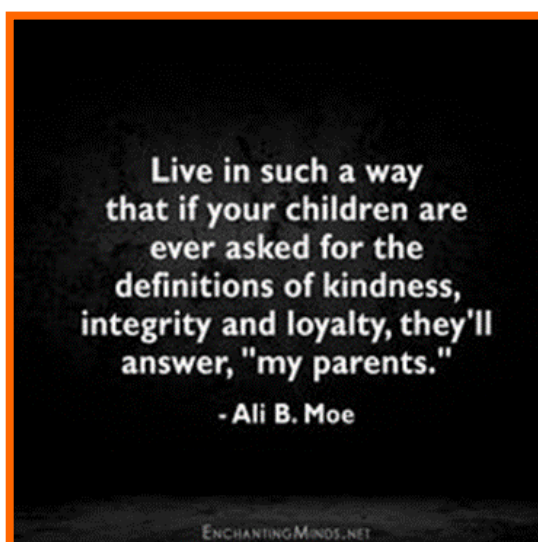
### Class Planning - 2022

Much work has been going on behind the scenes in order to prepare our classes and programs for 2022, and whilst we are part of the way there, we are not yet in a position to announce all classes and their teachers. I hope to include that all important information in a subsequent newsletter.

### REMEMBRANCE DAY- THURSDAY NOVEMBER 11th 2021



*\*\*Thought\*\**



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





## Maths at EBPS



### Growth Mindset about Maths

We all want kids to feel confident and successful as they learn math. Kids who have a **growth** mindset about their math abilities perform *better* on assessments and are more engaged in the classroom. Every child will face math obstacles at some point and being prepared to face them with a growth mindset and a healthy attitude toward mathematics will give them the stamina to persevere and overcome the challenge.

As parents in order to help your children develop a maths growth mindset, it is important you are aware of your own mindset and the messages you are sending with your words and your actions.

You may like to complete the following activity yourself before talking to your child, to determine how you feel about your own maths abilities.

Name: \_\_\_\_\_
Date: \_\_\_\_\_

## Math Thoughts

What comes to mind when you think of math class?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Would you describe yourself as a "math person?" Why or why not?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

On a scale of 1 to 10, how good do you think you are at math? (*1 = horrible, I can't do it. 10 = I'm amazing, perfect scores all year.*)

\_\_\_\_\_

\_\_\_\_\_

How do you feel when you make a mistake in math?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What is (are) your goal(s) for math class this year?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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## Literacy @ East Bentleigh PS



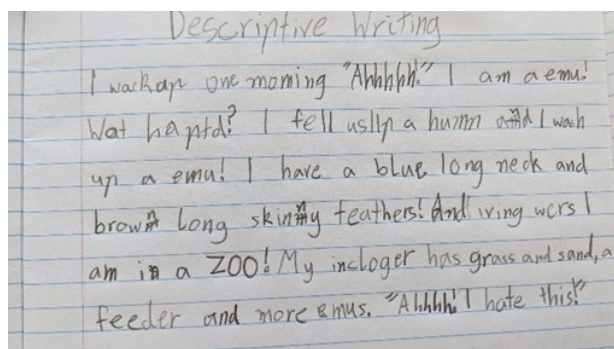
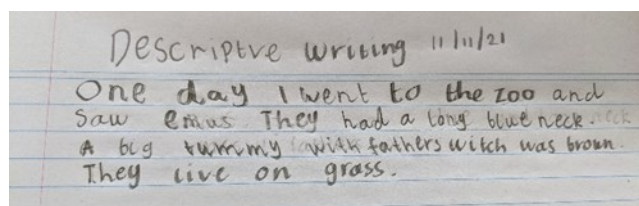
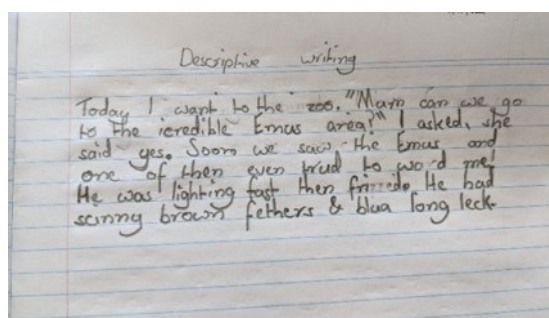
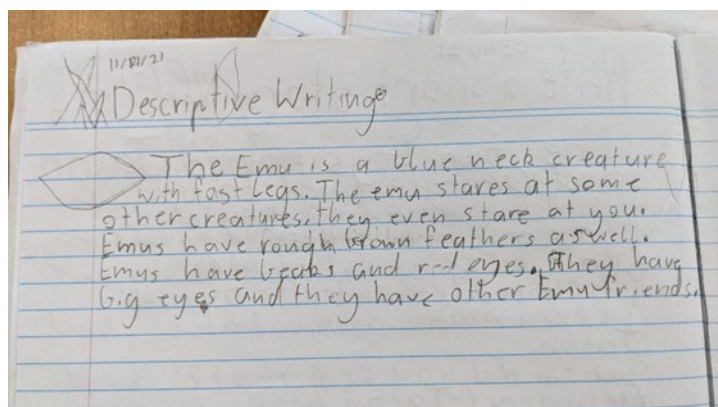
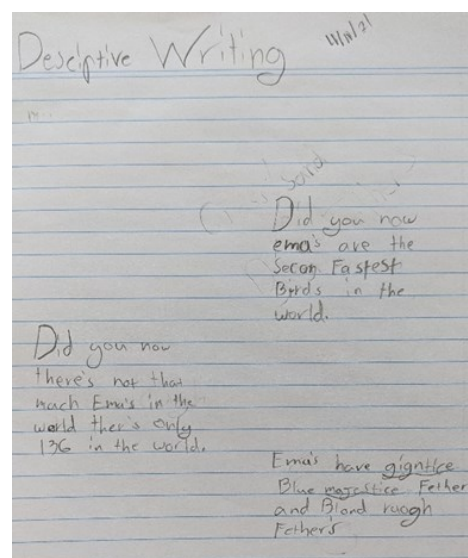
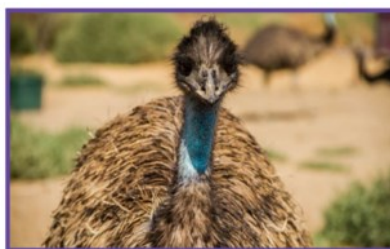
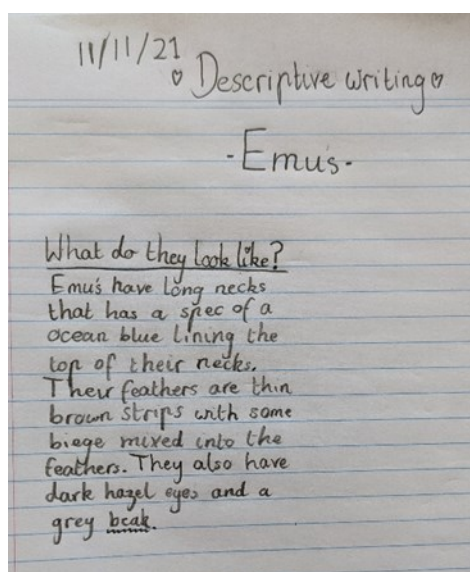
### Literacy News: The importance of Quick Writes

Quick Writes are short, informal writing tasks. Quick Writes help students remember, organize, and manage information, and they can be used at any point in a classroom lesson to help them communicate their thoughts, experiences, and reactions to what they are reading and learning.

Quick Writes are a powerful tool in the classroom and at home because they do not require a significant amount of planning and do not cause student anxiety as some longer writing tasks can do.

The prolific writer Stephen King says, "If you want to be a good writer you must do two things above all others: read a lot and write a lot." This includes writing routinely over extended time frames and shorter time frames for a range of tasks, purposes, and audiences."

3/4S have just completed a 7 minutes Quick Write to practice writing with description. Using the picture prompt of an emu, each student was able to choose a genre of their choice to write with the emphasis being on descriptive language. Have a look at the picture below and see if you can think of a short descriptive piece too.



## Wellbeing @ EBPS

### Fixed versus Growth Mindset Thinking

When Children are anxious, they often get stuck in fixed mindset thinking.

What we believe about our ourselves and what we are capable of is very important to our learning – whether we think we can grow and improve through practice, or whether think we have fixed abilities that can't be improved. These beliefs are called a growth mindset or fixed mindset. A mindset can be changed.

Research into neuroscience and brain plasticity has shown we do not have a set, 'fixed' amount of talent. Connectivity between neurons can change with experience. With practice, neural networks grow new connections and strengthen existing ones,

When children have a fixed mindset, they have no reason to try to improve and often blame it on what they believe to be fixed factors- I'm just not good at maths.

Children with a fixed mindset try to avoid mistakes and struggle.

Children with a growth mindset understand that mistakes and struggles are a natural part of learning – they use their mistakes to direct their efforts, to show them what they need to do to learn more and become better.

The key is to challenge 'fixed' mindset thinking. To help children reframe thoughts that hold them back and prevent them from moving forward.

WHAT CAN I SAY TO MYSELF?	
INSTEAD OF...	TRY THINKING...
-I'M NOT GOOD AT THIS	-WHAT AM I MISSING?
-I'M AWESOME AT THIS	-I'M ON THE RIGHT TRACK
-I GIVE UP!	-I'LL USE SOME OF THE STRATEGIES I'VE LEARNED
-THIS IS TOO HARD	-THIS MAY TAKE SOME TIME AND EFFORT
-I CAN'T MAKE THIS ANY BETTER	-I CAN ALWAYS IMPROVE; I'LL KEEP TRYING
-I CAN'T DO MATH	-I'M GOING TO TRAIN MY BRAIN IN MATH
-I MADE A MISTAKE	-MISTAKES HELP ME IMPROVE
-I'LL NEVER BE AS SMART AS HER	-I'M GOING TO FIGURE OUT WHAT SHE DOES AND TRY IT
-IT'S GOOD ENOUGH	-IS THIS REALLY MY BEST WORK?



# INSIGHTS

by Michael Grose - Australia's No 1 parenting educator

## Positive Parent Involvement - you make a difference

***Positive parent participation demonstrates to children that you value learning as well as their school.***



Parental withdrawal from children's education is a big problem these days as increasingly parents are worn out from working too hard or being involved in a variety of activities. By the time you get home from work or doing other activities you are spent.

But the message for parents is clear – become involved in as many aspects as practical in your child's education. The involvement of parents helps break down the mystique about school that can exist for some children. Their chances of success are better when they see school as an extension of home rather than merely an institution for learning.

Positive parent participation demonstrates to children that you value learning as well as their school. Children copy many of their parents' views so your positive attitude to school and learning is catching.

Many primary schools offer parents classroom jobs such as hearing kids read, taking small groups in elective activities and assisting children when writing stories.

Parent participation is much broader than helping out in the classroom. There is a range of simple ways to assist teachers to maximise the learning of your child. These include; hearing young learners read, helping with homework and making sure

kids go off to school happy, healthy and with plenty of sleep.

Here are some more ideas to help you participate in your child's education in positive ways:

- ✓ **Find out** what your school is trying to achieve for your child and show your support for its aims. Discover what sets your child's school apart from others.
- ✓ **Support a broad, balanced curriculum** that offers children a variety of educational experiences rather than a program that focuses narrowly on the traditional 3 R's.
- ✓ **Direct constructive criticism through the correct channels** such as your child's teacher, the principal or the school's governing body. Gossip or thoughtless criticism within the general community can easily tarnish a school's reputation.
- ✓ **Become an advocate** for your child's school and promote its positive features throughout the wider community. Encourage your child to take pride in their school through your example.
- ✓ **Attend school activities** such as open days, concerts, sports events and celebrations. Invite other members of the community along as well.
- ✓ **Consult with your child's teacher** about practical ways that you can assist both at home and at school.

Positive parent participation in school and learning is a proven criterion for student success. One practical way to assist your child as a learner is to become actively involved in his or her school-life.

Published by Michael Grose

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For more ideas, support and advice  
for all your parenting challenges  
visit: [www.parentingideas.com.au](http://www.parentingideas.com.au)



## Community Information - REMINDERS

### PARENT SESSION

### STARTING SCHOOL 2022: HOW YOUR FAMILY CAN **THRIVE** & NOT JUST SURVIVE

"Wish I'd heard this advice when my eldest started school. Thanks Carley!"

PARENT

"Your powerful messages and wise words of advice were delivered with respect, empathy and humour."

PRINCIPAL

"Great tips and advice I can start doing right now. I feel so much more relaxed!"

PARENT

#### Goals of the session for parents:

1. Feel more relaxed and confident about the "starting school" journey
2. Know how to best support your child with evidence based strategies
3. Learn some practical skills to help you with all parenting challenges!

#### Topics include:

- What "school readiness" actually means
- Managing yourself through the journey
- Tips in the lead up to starting school
- What to expect
- How to deal with common reactions to starting school
- Managing emotions (theirs and yours!)
- Improving communication with your child

### East Bentleigh Primary School

Monday 15th November  
7.30pm (75 minutes)

### Webinar

Follow the link to register:

**[www.bit.ly/starting2022](http://www.bit.ly/starting2022)**

(replay will also be made available)

**Carley McGauran** has over 18 years experience as a psychologist in the community and private sector. She currently works in private practice with children, adolescents, adults as well as families. Carley's experience also includes providing training/psycho-education to organisations, particularly schools, on a variety of topics. Her busiest role is as Mum to three (primary and secondary school age) children!



**Inform & Empower**  
Promoting Healthy School Communities

[www.informandempower.com.au](http://www.informandempower.com.au)

### Taraleigh Steiner Kindergarten 2021 Advent Sticks



**A magical advent experience starting on Sun 28<sup>th</sup> of November.**

A small team of dedicated and skilled volunteer parents have spent many hours lovingly handcrafting an extra special advent experience for you all this year.

Each of the 28 items handcrafted from natural materials has been carefully made to create a beautiful Australian themed nativity scene with the Earth's evolution depicted through each of the parcels.

Experience the wonder of the festive season with this special edition item.

**Available for sale at:**  
**<https://handcraftn.melbourne>**

#### Pricing:

- 1 Stick \$50
- 2 Sticks \$90
- 3 Sticks \$130
- 4 or more at \$42.50 per stick

**Free local pick up available**

