

Principal's Report | - 2

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

- * Classes / Staffing 2022
- * End of Year Reports
- * Election of 2022 School Leaders
- * COVID Management in Schools
- * Woodworking Club



East Bentleigh Primary School

Bignell Road
East Bentleigh 3165
Phone: 9570 3525

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

25th November 2021

Term 4 / Week 8, Issue 4

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

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 can't believe that when this newsletter goes out there will be only effectively 3 weeks, (16 days) left of the 2021 school year; the second consecutive year of disruption to our educational program delivery. The next few weeks will certainly be very busy ones and before we know it, they will be over. In recent days I have been reading your child/ren's end of year reports. I have been very interested in reading the student comments which make it very clear how important learning alongside their peers and trusted teachers is to our children; although many have also commented on how many new skills they have learned along the way. I have been pleasantly surprised at the strong 'growth mindset' that is shining through so many of these comments.

Last week we held the first of our Prep 2022 transition visits. Whilst we have some younger siblings of current students starting next year, there is a large group of brand new families to our school. I know that they will feel welcomed into the EBPS community with open arms. It's always one of my favourite events as we welcome those new expectant faces of the prospective preps taking their first steps into primary school life.

During the last week of school we will hold the Grade 6 Graduation evening, (Wednesday 15th December). Our Year 6 students have been preparing for this important evening for some time now. Enjoy these last few weeks' children. I suggest you keep a diary for future reference if you don't already do it. I really wish I had written down the things that were important to me back when I was about to leave primary school. Looking back on such memories is a wonderful thing to be able to do.

Classes/Staffing 2022

We are now well into the process of developing and testing our class groupings for next year. There is considerable movement happening in the staffing space next year. In previous years I have been able to announce the provisional classes and staffing allocations for the next year at this time of the year, however in this COVID affected year, we are still not in a position to do so as we are still in the recruitment phase for staff. We are aiming to announce these in our next newsletter. Students will have the opportunity to meet in their new classroom space and build connections with their 2022 teacher and peers in preparation for 2022 in the final week of this year. Watch this space for advice regarding the specific date and time.

Continued next page.....

Reporting Student Absences

Please remember to let the school know by 9am if your child will be absent.

Please call or email the school office on Ph: 9570 3525 Email: east.bentleigh.ps@education.vic.gov.au

You must also provide a reason for the absence so that we can accurately record it.

****A signed note by you is also required - to be handed to the class teacher for each absence. Thank you**

Diary Dates

Prep 2022 Transition Program

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

District Athletics Yrs 3-6 - Wed. 8th December - Duncan McKinnon Track

Year 6 Graduation Night - Wednesday 15th December

Year 6 Excursion - Cable Park - Thursday 16th December

Last School Day 2021 - Friday 17th December 1:30pm finish



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

End of Year Reports

Despite the disruption to our year, the teachers have been working hard in recent weeks to make your child/ren's end of year reports as meaningful as possible. Reports will come home with your child/ren on Friday 10th December.

Election of 2022 Student Leaders

On Monday 29th November, we will be holding elections for School Captains, House Captains, Environmental Captains and Digital Technology Captains. I encourage all our Year Five students to put themselves forward and ensure their written applications are delivered to me by tomorrow (Friday 26th November), at the latest. On Monday we will hear candidate speeches then the voting process will take place.

Covid Management in Schools

Whilst it is great to be able to gradually have more normality in our lives there are still some important things we need to do in order to keep our schools safe. There have been some changes around how we manage Covid in schools. The main thing that is going to impact schools is the process when a child in a class has a positive test result to a Covid PCR test.

If a child in your child's class tests positive, I will contact the Department, and then if advised, will inform you, so that you can get your child tested. If the test result is negative, your child can come back to school straight away. It is highly recommended, but not mandatory, that despite the negative result, that for the next 5 days prior to attending school for the day, your child is monitored by a rapid antigen test. (Available free from the testing site)

If you choose for your child not to be tested, a quarantine of 10 days is necessary before returning to school. At this stage, teachers, ES staff and students in Primary School (years 3-6) are required to wear masks, unless exempt. Thank you to everybody for your support as we try and navigate this new life and keep children as safe as possible. We will definitely inform parents of any outbreaks, if we receive instructions to do so by the Department. It is important that families provide us with as much timely, health information as possible. I thank you for your support.

Department Policy has also changed regarding visitors on site at schools. Under the COVID-19 Mandatory Vaccination (Specified Facilities) directions issued by the Victorian Chief Health Officer (vaccination directions). Schools must ensure that all visitors / volunteers who attend to perform work and school parents must comply with vaccination requirements. Schools must take all reasonable steps to ensure that unvaccinated visitors and volunteers do not enter, or remain on the school premises unless they are an excepted person.

Woodworking Club

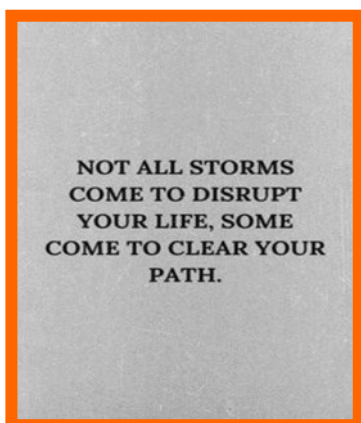
It was wonderful to be able to welcome back our wonderful volunteer Michael Zeeng who runs our woodworking program. Our senior students involved were finally able to complete the projects that they started earlier this year. I know that Michael joins me in hoping that we have an uninterrupted year of woodworking skill building next year. Thank you Michael for the time that you give our school to support our students.



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



**** Thought ****



Parent Information



GARDEN NEWS



Just a little announcement 3 of our 13 eggs have hatched successfully at school under our white hen! We wait excitedly for the 10 others hatch over the next weeks and will enjoy cuddles with them in our last gardening classes. Next year in our first assembly we will name the hens with a draw of the hat naming system. Any roosters will be homed with their grandfather Boofhead on a 200 hectare chicken farm.



Regards
Pascale Jacq - Garden Specialist

PE NEWS - Gymnastics Preps to Grade 2

Students in P-2 have begun participating in a three-week Gymnastics unit. Jake from Gymnastics4Hire has coached the students in gymnastics skills such as the Mini-tramp, Vault, Beam and Floor. He has developed their landing skills as well as safe techniques in rolls and cartwheels. If your child would like to continue Gymnastics outside of school, please visit <https://vic.gymnastics.org.au/> to find your nearest club. By: John Seeary - PE Teacher





Maths at EBPS




Maths and the Visual Arts

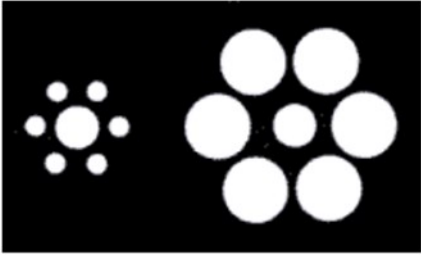
Not all maths is number based! Maths is all around us in nature and also in art.

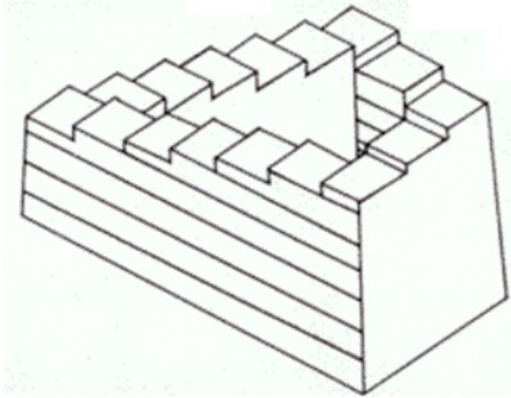
Check out these optical illusions.

Math and Visual Arts



Optical Illusions
from: www.eyetricks.com/illusions.htm





Somehow this staircase always seems to travel upward!

And just for fun...



Math Game

Below is a magic square. Each row, column, and diagonal has the same sum. Can you figure out the missing numbers?

22	17		10
12	19		
11			
25	14		13

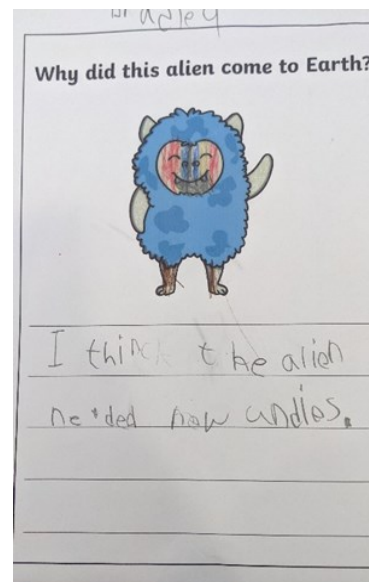
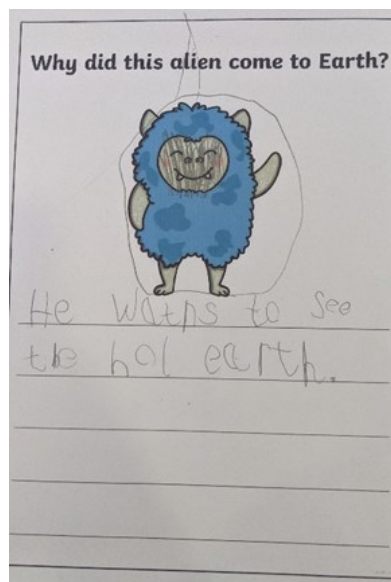
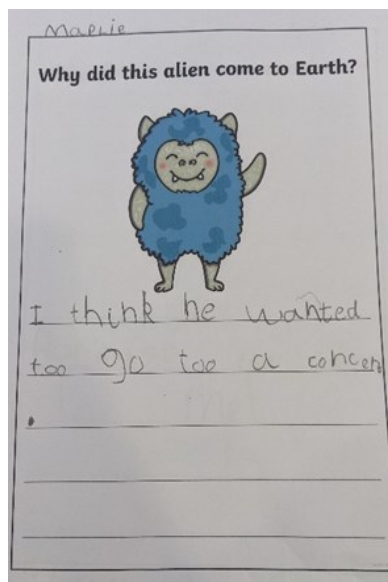
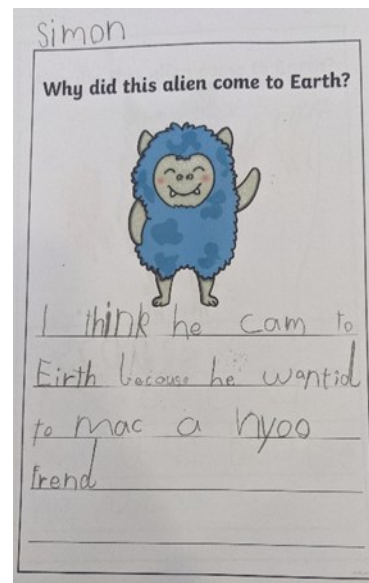
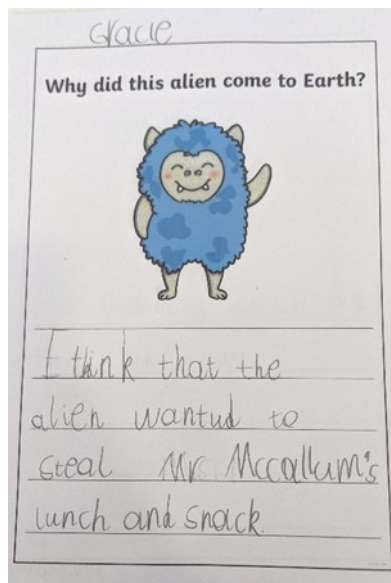
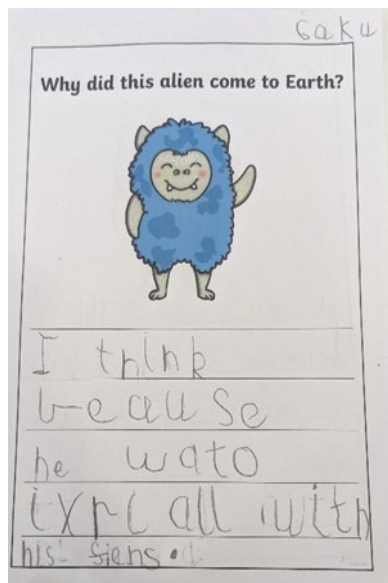


Literacy @ East Bentleigh PS



Celebrating Prep M's first year of Writing

Once a week the budding authors in Prep M take part in imaginative writing. This process teaches the students' that as the author, there is no right or wrong responses. As the author, they have the role of creating their own stories using their imagination. It is a wonderful task for beginning writers to capture the joy of seeing their ideas and stories on paper. For this task, the preps were asked to think about the reasons why an alien would come to earth. Here are a few of their creative answers.



Wellbeing @ EBPS

Select Your Lego Festival Challenge

The challenge is to build your own Menorah design as long as it stands up safely!

- * Create a stable base
- * Make it a pre-specified height (use a ruler to measure)
- * Find a way to add a flame each night



Why does Santa keep using a sleigh? Should he be using something more efficient and modern?

The Challenge is to build a new sleigh for Santa that can help him deliver presents quick, quick, quick!

- * Make it stable
- * With the ability to move fast, fast, fast!
- * And the capacity to carry presents



Don't stress about having the right parts and pieces! Use the bricks you have, problem solve, get creative...

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Healthy ways for kids manage their emotions

Emotionally intelligent children, like their parents, know a range of healthy ways to manage their feelings.

What training did you get from your parents in recognising or regulating your feelings – in other words, in managing your emotions? If you are like me, you didn't get much really constructive help at all.

"Don't worry! It will all turn out right!" was about the extent of the emotional management in my house, and I suspect in most other houses at that time.

I guess that's why many people automatically default to ineffective ways of dealing with their feelings – such as avoidance, denial and straight-up worrying – when difficult emotions emerge.

Those ineffective strategies are then passed on their children. Little wonder that anxiety, anger and apathy are commonplace among today's children and young people, even though we live in affluent times.

Sometimes, despite what we were taught, it's better to find ways to deal with negative feelings rather than avoiding them. Avoiding them can allow them to overwhelm us or cause us to act out. Here are seven healthy ways to manage your emotions that you can pass on to your children:

1 Breathe deeply

The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight). Count to 3 quietly while breathing in through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little 'heady', which indicates deep (and low) breathing.

2 Find a favourite relaxation exercise

There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can't help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax.

3 Use a positive reappraisal

Emotions are caused not by an event, but by the way we look at an event. To one person, giving a wedding speech is a chance to strut

their stuff (so they feel excited), while to someone else it is nothing but a nightmare (so they feel anxious). Change the way you view something and you'll better be able to manage your emotional response. "This is a challenge, not a problem" is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

4 Use positive, REALISTIC self-talk

Ever talked yourself out of doing something exciting, new or challenging before you've even started? Maybe you've said something like: "I'll never be able to do that" or "This will stress me out big time" or "I'm no good at..."? I know I have.

Next time you catch yourself talking yourself (or something else) down, replace the negative with something realistic but more positive. Something like "I've done it in the past and I survived. So I should be able to do it again." Repeat this a few times and your emotional state will shift to a better one.

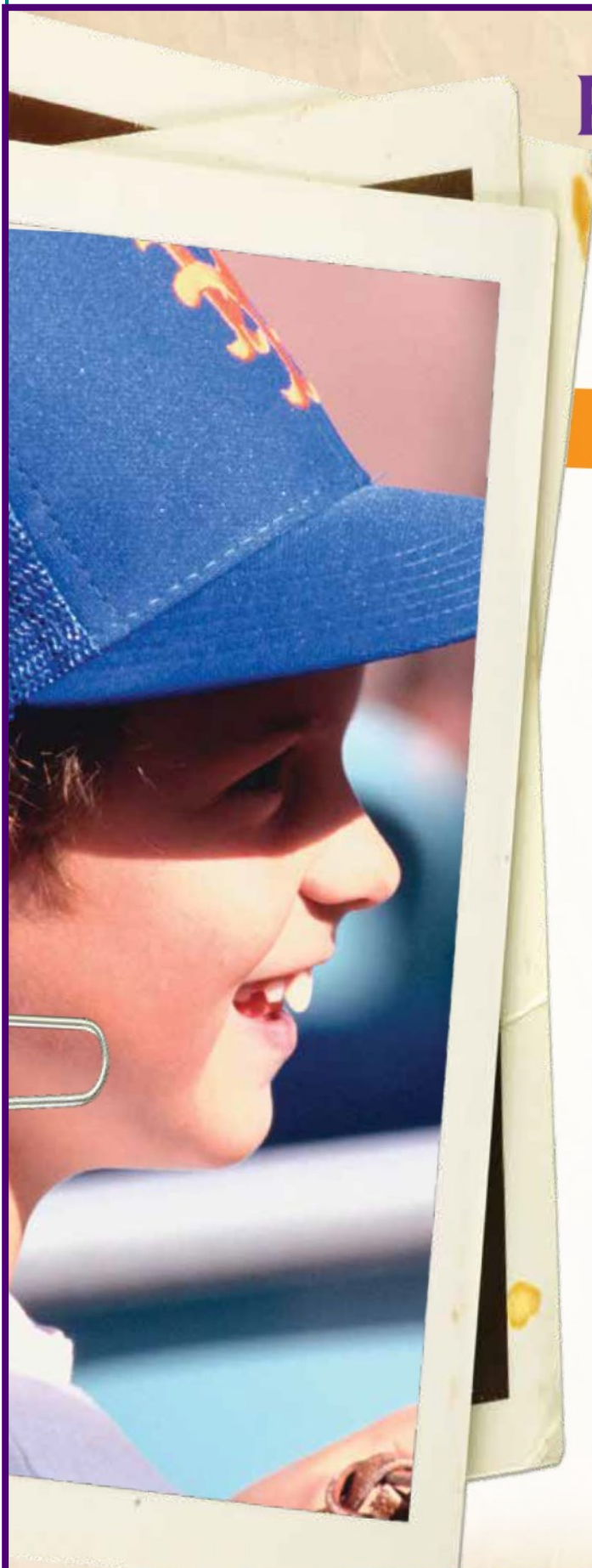
more on page 2 >>

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Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at parentingideasclub.com.au. You'll be so glad you did.





Parenting*ideas* INSIGHTS

... healthy ways
for kids manage
their emotions ...

2

deal with negative feelings

5 Exercise

Exercise releases endorphins, nature's feel-good chemical, which will move your mood to a better state. The paradox is that we often don't feel like exercising when that's exactly what we really need. Don't let those feelings stop you. Going for a run, walking the dog or even a playing a game outside with the kids is the very thing you need to feel better.

6 Distract yourself

A healthy distraction, such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions. It's a highly recommended strategy for natural worriers! It's amazing how much better a situation will seem after giving your mind a short break from it..

7 Have constructive habits and hobbies

One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up and make life enjoyable. Single-tracked lives – all work and no play – are recipes for emotional disaster. If you can relate to this, then I suggest you take the time to find a hobby or interest that juices you up. The same, of course, holds for kids. All work and no play makes ... well, it's hard to hold it together if you are feeling stressed all the time.

It's important that as parents and teachers we practise good emotional management techniques ourselves so we are better placed to pass them on to kids. The upside is that'll we'll feel better, make better decisions and be more effective as parents and teachers as well.

This is an extract from "15 right ways to manage emotions", a special report available at Parentingideasclub.com.au

Michael Grose



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's NEW Parentingideas Club today at parentingideasclub.com.au. You'll be so glad you did.



parentingideas.com.au

Community Information



Be Amazed
#BEASCOUT

Join Scouts Today!

1st Central Moorabbin Scout Group
Scouting actively engages and supports young people aged 5-25 in their personal development, empowering them to make a positive contribution to society.
Now recruiting Joey Scouts (ages 5-8) and Cub Scouts (ages 8-11).
For more information or to join contact gl.1stmoorabbincentral@scoutsvictoria.com.au



1800 SCOUTS
scoutsvictoria.com.au



TRADEMARK TENNIS



ABN 33 620 995 351

92 Bignell Rd, Bentleigh East 3165 (behind Moorleigh Community Centre)

School Holiday Program

What's on @ Maccabi Tennis Club?

Join us, keep active, & fit between

Monday 20 December to Thursday 23 December 2021

Monday 10 January to Thursday 13 January 2022

Junior Holiday Program:

Petite Tennis: 9.00 – 11.00 - \$30 per day - \$100 for 4 days

Junior Tennis: 9.00 – 13.00 - \$55 per day - \$200 for 4 days

Squad program: 9.00 - 15.00 - \$70 per day - \$250 for 4 days

Designed for children to maintain individual attention within the group environment.

The program includes: warm-up, technical drills and fun ball games.

Make Up Lessons:

A good opportunity to do makeup lessons during school holidays if you missed lessons during term 2. We don't transfer make up lessons to the following term.

PLEASE NOTE: if you missed 45min, 1 hour or 1.5hrs lesson during the school term, you are only entitled for 45min, 1 hour or 1.5hrs free during the holiday program. NOT a full day!

Early drop off available from 8.30am / BYO lunch

Booking / Enquiries: E: info@trademarktennis.com.au / M: 0417 301 357



Advertising

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PLAYBALL BASKETBALL TRAINING @ GESAC TERM 1 2022 WEDNESDAY PREP TO YR.2

BASKETBALL TRAINING

Playball is **now taking registrations** from current **PREP to Year 2 Boys & Girls** to commence training in Term 1 at GESAC Bentleigh East. 40 minute weekly Training by **Playball Coaches** prepares children for **Wednesday competition** in Terms 2,3,4.

REGISTER FOR TERM 1 2022

Register a training team at www.playballbasketball.com under 'Registration' Tab. Teams **guaranteed** commencement. Individual children can register **online**.

TERM 1 TIMES & DATES

PREP TO YR.2 WED @ GESAC. 4:05-6:15PM. *Rings lowered to 8.5ft - YR1's*
2 Feb - 30 March (9-weeks) *Year 3&4 play Friday. Bayside from GESAC to MSAC*

TERM 1 COST

Aprox. \$110 per child. Based on team of 8 (Team Invoice \$880)

COACHES WORKSHOP

In assoc with Melb. Jnr Tigers *Sundays in Term 2.*

CONTACT

PH: 9555 7448 info@playballbasketball.com

Playball: An affiliated association of Basketball Victoria



PLAYBALL BASKETBALL 9555-7448