

Principal's Report | - 3

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

- * World Teacher's Day
- * Student Free Day - Mon 31st Oct
- * Changed COVID Isolation Requirements
- * Appreciations
- * Remembrance Day 11th Nov
- * Victorian State Elections 26th Nov
- * Prep Transition 2023
- * Resilience
- * Wellbeing - Mental Health Priority
- * 2023 Class Placement requests
- * Aaron & Alice are getting married!

BREAKFAST CLUB

8:15am-8:45am

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

There are some Grab 'n Go items and fruit if students arrive after 8:30am

Please email Christine if your child has any food allergies

christine.kennedy@education.vic.gov.au

Thank you

Reporting Student Absences



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

Diary Dates

STUDENT FREE DAY - MONDAY 31ST OCT

MELB CUP PUBLIC HOL. TUES 1ST NOV

Y5/6 Talk About It Program 3rd & 10th Nov

Prep Swimming Program 21st-25th Nov

School Dental Visit - from Mon 21st Nov

Student Led Conferences Mon 28th & Tues 29th Nov

Carols - Wed 7th Dec 4pm-5pm

Y6 EOY Excursion Mon 12th Dec

Y7 2023 Orientation Day Tues 13th Dec

Grade 6 Graduation 6pm Wed 14th Dec

Awards Assembly Fri 16th Dec 9am



East Bentleigh Primary School

Bignell Road
East Bentleigh 3165
Phone: 9570 3525

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

27th Oct 2022

Term 4 / Week 4, Issue 2

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'd like to congratulate our talented instrumental teaching team of Felicite, Jonathan, Alex and Jude for preparing our students in Classes 3-6 for their first live concert performance in 2 years. How wonderful it was last evening to have live music in our school again. It was lovely to see and hear the marvellous progression our students make in playing with and for each other in their class orchestras, from their first faltering notes in Class 3 as they learn to use their instrument and listen to one another, through to the culmination of 4 years study, enabling them to play so confidently in Class 6.

The members of our 'extension' orchestra are to be congratulated for their skills (borne of much extra practice), which allowed them to play such a complex piece with such aplomb. To end the concert on a high note, our talented quartet of teachers performed a piece composed by our very own Alex Olijnyk. What a gift this was. Our students certainly have excellent role models to follow. Thank you to the parents who were such an appreciative audience. I am sure that our students will quickly remember their audience etiquette skills by respecting our performers special time on stage now that we are able to stage more and more concerts.



World Teachers' Day tomorrow- 28th October

We are blessed at our school to have energetic, knowledgeable and caring teachers guiding our children, alongside you, their parents through their formative years. Please remind your children to wish their teachers a happy teacher's day tomorrow as they arrive at school. I know how much joy the children's warm smiles and good mornings as they arrive at school, give me. Our ES staff will be thanking our teachers with a special morning tea.



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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

Student Free Day - Monday 31st October

A reminder that we have scheduled our final Curriculum Day for Monday 31st October to provide staff with time for assessment preparation prior to the end of year reporting cycle. Each year it also provides families with a break in conjunction with the Cup Day holiday which this year is on Tuesday 1st November.

Changed COVID Isolation Requirements

As you will know the Victorian Government has announced the end of the Pandemic Declaration and associated Pandemic Orders. As a result, it is strongly recommended that students:

- who test positive to COVID-19 stay home and isolate for five days
- should not attend school after five days if still symptomatic
- who are symptomatic but have not tested positive should not attend school
- advise the school of the COVID-19 positive test result
- where students become symptomatic at schools they should be collected by their parents/carers and undergo testing for COVID-19.

If families need RAT kits for testing - please come to the office to collect them – we have plenty to hand out.

The Department of Health recommends that a person who tests positive for COVID-19 should inform those with whom they have recently been in contact, including their workplace, schools and household. There is no longer a requirement for Principals to inform the school community of a positive case associated with the school.

Parents and carers will therefore be asked to continue to report positive student COVID-19 cases using the VicED COVID Tool.

Appreciations

Many thanks to parent Wayne Bryant who alongside being Jana and Murphy's dad, is a talented illustrator, for his kind gift to our school of his latest book **'Pugnacious and Scuttlebutt'** for our library. I know our children will enjoy reading this lovely book written by Adam Wallace and illustrated by Wayne - I certainly did.

Enormous thanks also to those hardy souls who braved the wet and wild weather of last Saturday morning at our monthly Bentleigh Farmers' Market. Many thanks to the many 'new' volunteers who answered Rachel's call for volunteers to man our newly relaunched Egg and Bacon Breakfast Stall. Let's hope that next month's weather is better. Mother Nature certainly put us in our place by gifting us a lovely sunny afternoon after the gloom of the morning. Whilst the weather was adverse, the spirit amongst the volunteers was high, so thank you all.

Remembrance Day - 11th November- LEST WE FORGET

The Remembrance Day service will be conducted by the students on Friday 11th November at 11.00am. It is important to remind students the significance of this day and how fighting in World War I stopped on the 11th hour of the 11th day of the 11th month in 1918. Many Australians stop what they are doing at exactly 11.00am in their local times on November 11th each year to

dedicate a minute of silence for those who died in war, especially soldiers from as far back as World War I. Those who join in this act of remembrance include teachers, students, politicians, and workers of public and private sector enterprises. This ceremony marks the hundred and fourth anniversary of the armistice, (which meant "the putting down of weapons"), in commemoration of the end of hostilities of the Great War (World War I).

On the first anniversary of the armistice, in 1919, one minute's silence was instituted as part of the main commemorative ceremony. After the end of World War II in 1945, the Australian and British governments changed the name from Armistice Day to Remembrance Day as an appropriate title for a day which would commemorate all war-dead. Remembrance Day in Australia is dedicated to Australians who died as a result of war, particularly from World War I onwards. A minute of silence is dedicated to the deceased, especially for soldiers who died fighting to protect the nation.



Victorian State Election- Saturday 26th November

The next Victorian State election will be held on Saturday 26th November 2022 to elect the sixtieth Parliament of Victoria, including all eighty-eight seats in the Legislative Assembly and forty in the Legislative Council. The election will be conducted by the Victorian Electoral Commission and the incumbent government will enter into a caretaker mode towards the end of October, when writs are officially issued. East Bentleigh Primary School is the polling booth for the community so it will be a busy day on-site, as it is also our monthly Bentleigh Farmers' Market. This provides a good fundraising opportunity, so plans are underway to maximise this opportunity. More details to follow.

Prep Transition 2023

The transition programs for our 2023 Prep children and their families are in the final stages of preparation. These sessions will be held on November 16th and 23rd beginning at 9.30am. Information has been emailed directly to families who are enrolled to commence Prep in 2023.

Resilience

Resilience is important for a child's mental health. It is their ability to bounce back from failure, challenges, adversity and stress. It's not something that children have or don't have but a skill that they develop over time as they grow. Building resilience not only helps a child deal with current difficulties, but it also helps develop a resilient mindset that will help them deal with challenges later in life.

Continued next page.....

Principal's Report - Maria Shearn

All children are capable of working through challenges and coping with stress, but they require guidance and support from a charismatic adult role model. I offer you the advice below from esteemed child psychologist to support parents.

"Resilience is key to addressing mental health issues. We need to allow our kids to experience adversity. There is a tendency to shield our kids because parents have become a bit over-protective." Dr Michael Carr-Greg

Wellbeing - Mental Health Priority

It is estimated that around one in seven Australian children experience mental health issues and about half of all serious mental health issues in adulthood begin before the age of fourteen years of age. Experts believe one of the best things parents can do to support their children is to learn how different issues present in children. You don't need to be an expert, but it can be really helpful to know what to look for and when your child or family member might need some extra support. There are many support organizations you can contact for further advice. If you have noticed changes in your child's moods, emotions or behaviour that are worrying you, the best thing you can do for your child's wellbeing is to speak to a health professional about your concerns.

Mental Health Services and Support

Beyond Blue 24/7 mental health support service 1300 22 4636 beyondblue.org.au	headspace Online support and counselling to young people aged 12 to 25 1800 650 890 (9am-5pm daily) For webchat, visit: headspace.org.au/headspace	Kids Helpline 24/7 crisis support and suicide prevention services for children and young people aged 5 to 25 1800 55 1800 kidshelpline.com.au	1800RESPECT 24/7 support for people impacted by sexual assault, domestic violence and abuse 1800 737 732 1800respect.org.au
Lifeline 24/7 crisis support and suicide prevention services 13 11 14 lifeline.org.au	Suicide Call Back 24/7 crisis support and counselling service for people affected by suicide 1300 659 467 suicidecallbackservice.org.au	Mensline 24/7 counselling service for men 1300 78 99 78 mensline.org.au	QLife LGBTI peer support and referral 1800 184 527 (9pm-10pm daily) qlife.org.au (online chat 3pm-12am daily)

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.

Logos: be you, Beyond Blue, NDIS, Early Childhood Australia, headspace, Australian Government Department of Health.

2023 Class Placement Requests

If you have any requests regarding 2022 classes, please email me directly with your request. Please note that all requests will be respectfully considered but not necessarily granted.



Congratulations - Aaron & Alice are getting married!

Finally, we would like to wish Grade 2J teacher Aaron Jones and his lovely fiancée Alice, all the very best for their wedding day next Friday 4th November. May they have the most beautiful day to celebrate their love, with their family and friends.

****Thought****

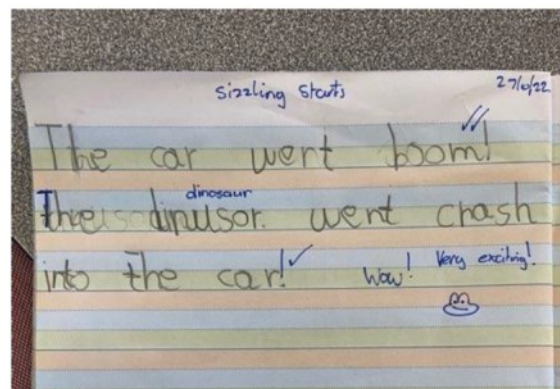
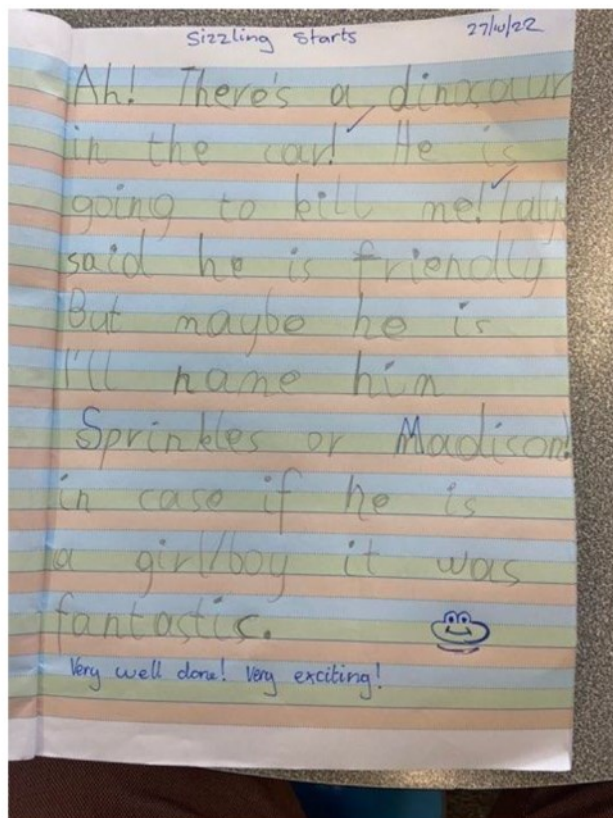


Until next time - Maria Shearn Principal 😊

Literacy @ East Bentleigh PS

Celebrating Sizzling Starts by our Young Writers

The budding authors in Prep M have been learning how to captivate a reader's attention by using Sizzling Starts. This could be starting in the action, using descriptive vocabulary and thinking about punctuation. The class were given a picture prompt of a T-Rex chasing a car. Here is a sample of some of their writing.



Maths at EBPS

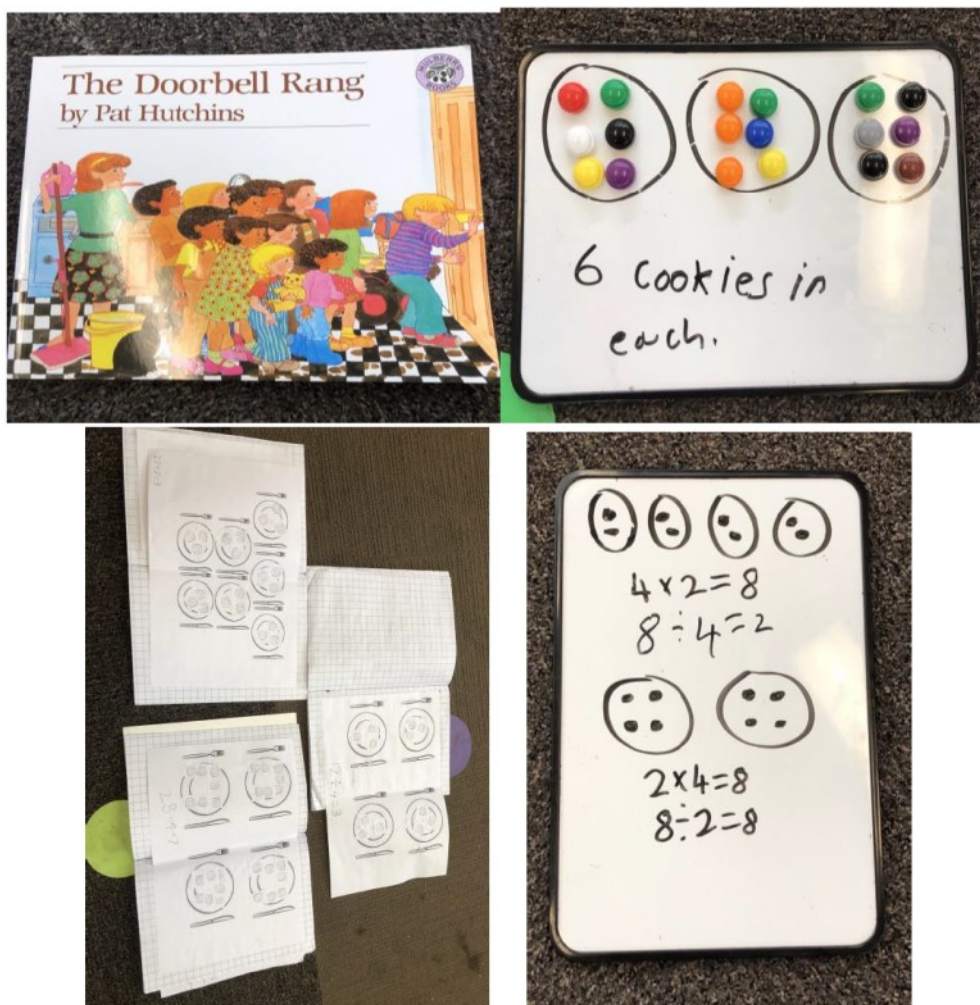
We have just completed a Learning Sequence on Division in Grade 2. We started the sequence by looking at the story 'The Doorbell Rang'. Grade 2 discussed what sharing was and the importance of equally sharing.

Then students represented equal sharing with counters and pictures using various ways to represent a number problem.

After students learned how to use the division symbol and write and solve a number sentence. We also looked at what a remainder was and how to solve sharing that needed remainders.

Lastly students used their multiplication and division knowledge to find the connection between multiplying and dividing.

Have a look at some of the great work by Grade 2!!



From the Maths Team

Wellbeing at EBPS

3M Calm Corner



The students in 3M were excited to be able to set up a calm corner in their classroom, to provide a space for people who need a bit of time to themselves to regulate how they are feeling before joining the class ready to learn again. We discussed different strategies we could use in the calm corner to help us. Some of the strategies suggested were having a drink of water, breathing exercises or doing a drawing. The children each wrote out the strategies they thought would work best for them and they are

stuck up in their calm corner ready for when they need them.



I think a calm corner is a good idea because if you ever get angry you can go to the calm corner and not let all the rage out in front of everyone. Owen

The calm corner is good because all you do is put your hand up and if you can't control yourself that well you can save yourself the embarrassment of having that pointed out. Majken

I think the calm corner is a good idea because if anyone is feeling anxious, nervous or worried, they can have a place to calm down and be ready to learn. Amanda

I think it's a good idea because if someone's stressed they can just relax in the calm corner and have time to think about something else. Noah

I think the calm corner is good because it means people don't have to burst out screaming or shouting. They can just go into the calm corner and calm down. It's comfortable and you can squeeze the cushions.

Rosie



Grade 3D and 3M French news:

Students have completed a mini cultural project on inventions inspired by the story of the Montgolfier brothers who invented the hot air balloon. Students illustrated their own invention idea.





Remembrance Day Appeal

We are selling a range of poppies for the Bentleigh RSL to support their Remembrance Day Appeal – 11.00am on 11th November. The prices range from \$2.00 - \$5.00. Our school captains will be selling these at recess time each day.

PE Term 4 - Gymnastics

Students in P.E have enjoyed participating in our Gymnastics unit during the past three weeks.

All classes learnt to use various Gymnastics apparatus safely and confidently. Favourites included the Balance Beam, Bars, Floor and especially the Vault.



By John Seary - PE Teacher



Go for Gold 2022

one lucky student will win a Fitbit Ace

A reminder to enter the Golden Ticket competition. You can submit your individual entry from Friday 28th October until Friday 4 November via the website www.gleneira.vic.gov.au/active-schools. Any hardcopy entries can be left at the office by Fri 4th November. The more entries we have the better chance our school has of being Glen Eira's 'Champion School'.

BREAKFAST CLUB in the PAC

from 8:15am - 8:45am

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

There are some Grab 'n' Go items and fruit if students arrive after 8:30am

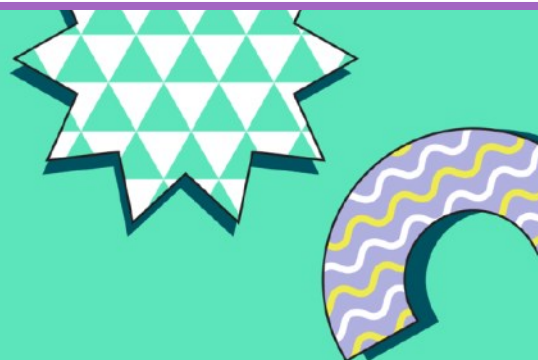
Please email Christine if your child has any food allergies

christine.kennedy@education.vic.gov.au

Thank you



Newsletter



Celebrate National Recycling Week with us at

Rubbish Robots

Bring in your recyclable rubbish and let's get creative by building the biggest structure we possibly can!



November
7 - 11

Your
OSHC.

Book now

A message from your Coordinator

Hello parents and families,

This week in our OSHC, we are celebrating children's week and Halloween crafts. Children are enjoying Halloween activities like pumpkin paper craft, spider webs, ghosts and trick and treat. Children also loved the idea of surprise afternoon picnic outside. In the upcoming week we will be celebrating "Recycling Week". Children can bring from their home some recycled bottles, newspapers, and old boxes to turn it something beautiful.

We aspire to cater to your child's interest and providing them the best

Experience at OSHC. 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

- Candle Holders
- Recycled Robot
- Paper bags



What's on the menu

- Chocolate brownie
- Apple cake
- Pita pizza



Visit our blog

New articles are added each week for parents and cover various topics to help families.

Visit our blog

It's free to register

To attend our program, you must register your child. You can register an account with us at pp.campaaustralia.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.



INSIGHTS

by Michael Grose - Australia's No 1 parenting educator

Getting kids to school ON TIME!

Missing a few minutes each day may not seem like a big deal but your child may be missing more than you realise if he or she is continually late.

"Come on Jack! Get a move on. School starts in ten minutes and you're not even dressed yet!"

If this scenario sounds familiar then you are not alone. Anecdotal evidence suggests that getting children to school or pre school on time can be one of the most difficult tasks for parents.

Missing a few minutes each day may not seem like a big deal but your child may be missing more than you realise if he or she is continually late. Current research shows

that mornings for most children are the most productive time of the day with 10.00am the peak period for productivity. When children arrive late and take time to settle as they inevitably do precious minutes are lost. A child who is fifteen minutes late to school each day misses one week of school every year.

How can you get your dawdling kids out the door without yelling yourself hoarse? Here are a few techniques and ideas for you to try to get your punctually-challenged children to school on time:

✓ **Establish a morning routine.**

Make sure your children know what is expected of them in the morning, and also what you will do. Resist nagging but be willing to take them to school even if they haven't fully prepared for the day.



✓ **Identify and remove distractions such as television.**

If the children are regular watchers before school change the routine and keep the TV off. It should only be turned on when children are completely ready for school.

✓ **Teach some of the basics of time management.**

The average adult underestimates by about 25 per cent the time it takes to do various jobs. Make sure you have realistic time estimates and stop packing so much into the time you allocate. Encourage older children to estimate how long it takes to do activities such as getting ready in the morning. Then they can measure the time taken to do these tasks and compare their estimates with real time.

✓ **Arrive at school ten minutes early.**

Plan to arrive at school early rather than be there on time. This idea works well for perpetual latecomers, whether young or old.

✓ **Model a good routine.**

Its pointless expecting children to be organised in the morning if you are in a muddle yourself. Set a good example by being as methodical as possible and avoid sleeping in unless your children are so organised that they get you breakfast in bed. And pigs might fly as well!

Published by Michael Grose

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For more ideas, support and advice for all your parenting challenges visit: www.parentingideas.com.au



Community Information

Taraleigh Steiner Kindergarten 2022 Advent Sticks



A magical advent experience starting on Sun 27th 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 woodland themed 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:

Single Stick \$50

5 or more at \$45 per stick

Free local pick up available



PARENT SESSION

STARTING SCHOOL 2023

HOW YOUR FAMILY CAN THRIVE AND NOT JUST SURVIVE

Feel more relaxed and confident about the "starting school" journey

Know how to best support your child with evidence based strategies

Learn some practical skills to help you with many common parenting challenges!

TOPICS INCLUDE:

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

Carley McGauran has over 15 years experience as a psychologist in the community and private sector. She currently works in private practice with both children/adolescents and 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!



More Details:

*75 minute webinar

*presented by psychologist & Mum of 3, Carley McGauran

*access the live session (inc Q&A)

*watch the replay on-demand

*access to the follow up webinar in March 2023 (Managing Big Feelings)

DATE FOR 2022:

Wednesday November 23rd (evening - time TBA)