

Principal's Report | - 3

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

- * Carols from Around the World
- * Year 6 Legacy Project
- * Awards Assembly
- * Student Reports
- * Healthy Tech Tips for the Holidays
- * Gratitude - Good for Mental Health and Wellbeing

Department of Education and Early Childhood Development



East Bentleigh Primary School

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7th Dec 2023

Term 4 / Week 10, Issue 5

**A reminder to follow
our school on
[Instagram](#) and
[Facebook](#)**

To help promote our school!

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.

KISS & GO - DROP OFF/ PICK UP ZONE

STAY WITH YOUR CAR

2 MINUTE LIMIT

8am - 9:30am & 2:30pm - 4pm

School Days

Diary Dates

Class 2A Parents - Music Information
Session for Year 3 and beyond - 3:30pm
in the PAC

Grade 6 Graduation - Thurs 14th Dec 6pm

G6 Excursion - Enchanted Garden - Fri
15th Dec

Class 1M - Dance Concert 9:30am in PAC

Class 2A - Dance Concert 10:30am in PAC

Awards Assembly - Mon 18th Dec 9am in
PAC

**LAST DAY OF SCHOOL YEAR -
Tuesday 19th December**

****Farewell Assembly****

**for Year 6's and for Principal -
Maria Shearn
@ 2:30pm - 3:30pm**

Bentleigh Farmers' Mkt - Sat 23rd Dec

Principal's Report - Maria Shearn

Hello everyone,

This is a very important edition of our newsletter because it is the last full one for 2023. Next week's communication will be a special bulletin. This means this is the last newsletter for our year six students. In some cases it is the last one for families who have been associated with the school for many years. To our year six parents we would like to say thank you for sharing your time, energy and most importantly, the development of your child with us. It has been a pleasure for us and we'd like to extend to you and your young person (now graduating to Secondary School), every good wish for the future.

We have had another busy year, with much to celebrate. The children have been involved in a full and rich educational program and our staff has worked hard to maximise your child's learning.

Our community has once again worked hard to maintain the profile of our school and raise funds through the successful operation of the Bentleigh Farmers' Market on the 4th Saturday of every month. Thank you to the fabulous regular team of volunteers that assist every month, all coordinated by the indefatigable Heidi Nankervis. Our final market for 2023 will be our Christmas Market this year at the regular time on Saturday 23rd December.

Our Gardening Specialist Catherine has worked tirelessly to maintain and beautify our grounds with new garden areas springing up to enhance the physical environment of our school. Thank you also to our volunteer parents who have looked/will look after our menagerie of chickens over the holidays. You are all remarkable. We have greatly appreciated the return of volunteer parents in the kitchen program this year. I know that Nikki has appreciated the extra hands on deck.

My thanks and appreciation to our School Council members, Lisa Vance, Helen Woodruff, Emily Jones, Rachel Jeffreys, Julia Kahan, Leah Moore, Aaron Jones, Michelle Mather and Sue Jackson. It has been a real pleasure working with like-minded people all focussed on making our school the best it can possibly be. I am grateful for your ongoing support and trust.

Our parent community has once again this year come out in droves to support our Thursday markets, demonstrating what an important part of the EBPS fabric this opportunity for social connection is to many. I have been told I may need to return next year to cook the sausages on Thursday afternoons as Sue and BBQ's don't easily mix. It has also been wonderful to see the high attendances to class performances over recent weeks, even though the timing of these has had to change due to the new TIL provisions in the current VGSA. Our children love our appreciative audiences. Last week's Thor's Hammer play from 4T was one of the most enjoyable performances in many years. I'm sure we have some budding thespians within our midst.

My grateful thanks to our hard-working staff who have done their utmost to mitigate and heal the ongoing effects of the recent pandemic for many of our students. Our staff's continued focus on relationship building and providing a positive learning culture for our children will be an important scaffold for our children in the future. Our school remains committed to this aim and 2024 will see further BSEM (Berry Street Education Model), training for our staff.



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

Carols Around the World Concert What a wonderful time we had last evening at our annual concert. We were blessed with beautiful weather and the environment under our welcome tree was perfect for a relaxed afternoon of performances from our students. It was lovely to watch our students enjoy performing for us all. The live musical accompaniment for some of the items is quite unique to our school and a testimony to the work our wonderful instrumental teaching team, led by the amazing Felicite Heine. What a legacy she leaves our school as she leaves us to pursue other musical pursuits in the new year. Go well Felicite; we will miss you. Thank you also to our parent community for coming out in great numbers to support our children.



Year 6 Legacy Project

Our Year 6 students have been working hard on their preparations for graduation lately; tie dyeing their T-Shirts for graduation night with Leanne as well as completing their memory books. In recent days they have begun work in earnest on completing their collaborative legacy project, which builds on the beginnings made by the 2022 year 6 cohort. Thank you to their teachers; Anna, Andrea and Jill as well as Sal Cockcroft and Elke Filip who have assisted them. Here are some progress photos. Well done to you all.



Awards Assembly

Our awards assembly this year will be held on **Monday 18th December starting at 9:00am**. At our awards assembly children will be presented with various awards including sporting awards and community spirit awards for 2023. **We will also announce our student leaders for 2024**. This is always a very special annual event, so if you are able to attend, please try to get there. It is a wonderful time of celebration for our school community.

Student Reports

Your child's Semester 2 assessment report will be live on Compass on Friday 15th December. This is apart from the Year 6 reports which will be available in hard copy on Thursday 14th December. (A hard copy for this year level to allow me to complete a process I began in my first year as Principal; that is writing an individual comment for each student).

We ask that you please ensure you read through this report carefully and discuss (as appropriate) what it says with your child/ren. In particular, focus on the 'areas for improvement and future learning' and the achievement sections. It has been interesting again this year reading through each class's assessments, particularly the children's own comments. They really give me a strong indication of what has been most enjoyable for them and what they know of themselves as learners.

I would like to thank all our teachers for the many hours of painstaking work they put into developing these reports for parents. I know that we all heave a sigh of satisfied relief when they are complete. They are a big job!

Principal's Report - Maria Shearn

Healthy Tech Tips for the Holidays - (From the Linewize Team)

As the holiday season approaches, children eagerly create wish lists, often filled with tech gifts like smartphones, watches, consoles, apps, and games. As schools wind down and family rules loosen during this festive time, it's crucial not to abandon digital guidelines completely.

Create tech agreements

Creating a family tech agreement before buying a tech gift is essential, and you should involve your children to instill responsibility for their digital habits. Whether you're establishing a new agreement or reviewing an existing one, it's crucial for all family members, including parents, to uphold and model good tech habits.

Update parental controls

Before the holidays, verify that parental controls on your children's devices, consoles, apps, and games remain current amid frequent updates and potential changes by developers.

Read the fine print

Parents/guardians often overlook the lengthy terms and conditions of new online games or apps installed by their children, intending to revisit them later. However, safeguarding your child's data privacy is just as crucial as promoting healthy tech habits. To ensure their safety, it is essential to thoroughly read and understand these conditions.

Access, not ownership

If you have younger children, begin their online device experience with supervised access, gradually transitioning to full ownership. Teach responsible digital citizenship and ensure they can demonstrate online safety understanding and behaviours before granting them full ownership.

Consume content together

Share digital experiences during the holidays by dedicating specific times for your child to guide you through their favourite apps or games, enhancing your understanding and fostering casual conversations. Alternatively, engage as a family in playing online games together.

Tech timeout

During the holiday season, maintain balance by dedicating daily blocks of time to tech-free activities with your family. Capitalise on the morning energy peak to engage in activities like reading, learning, exercising, setting a positive example for your child.

Gratitude - Good For Your Mental Health and General Wellbeing

(Thank you Lee for providing me this information)

There's an old saying that if you've forgotten the language of gratitude, you'll never be on speaking terms with happiness.

A growing body of research over the last few decades shows that actively practicing gratitude is a powerful tool for generating many physical and psychosocial benefits.

In fact there is now a great deal of knowledge and understanding around how gratitude makes us happier and more resilient.

These include:

Improved sleep

Greater refreshment on awakening

Less illness

Greater motivation to help others and practice generosity

Greater awareness of personal good fortune

Greater life satisfaction

Greater optimism

Stronger feelings of connectedness to others

Stronger, more resilient relationships

Greater ability to bounce back from adversity (resilience)

Perhaps most tellingly, researchers found that positive changes were markedly noticeable to others.

Here are some simple things you can do and encourage your kids to do, to experience the benefits of gratitude.

Keep a daily gratitude diary of three things you are thankful for. This works well first thing in the morning, or just before you go to bed. (Have a special craft afternoon where kids can make and decorate their own diaries)

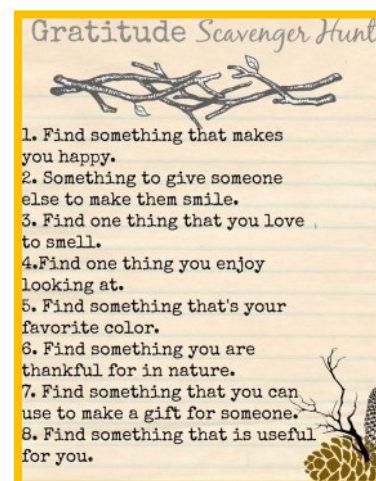
At the dinner table pose the question for each family member to answer in turn, What's the best thing that happened to you today?

Make it a practice to tell a family member, friend, or child, something you appreciate about them every day.

Look in the mirror when you are brushing your teeth, and think about something you have done well recently, or something you like about yourself. Ask your children to think of this too.

Thankfulness feels good, it's good for you and it's good for the people around you too. It's such a win-win-win, why would you not practice it. Why not try the 'Gratitude Scavenger Hunt' with your children?

*** Thought ***

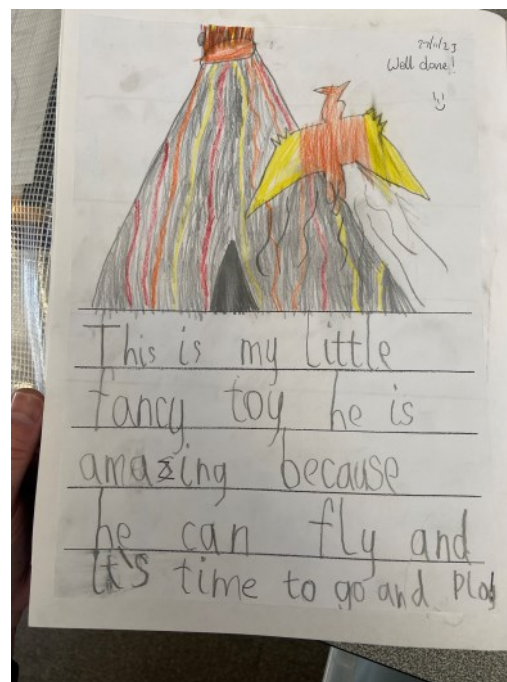
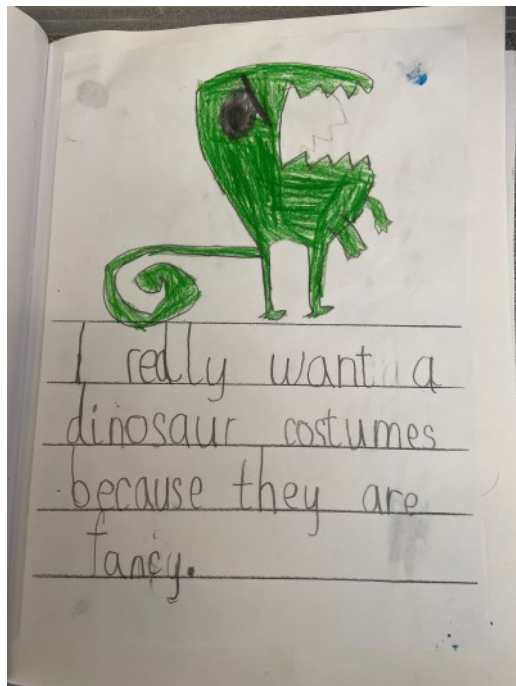
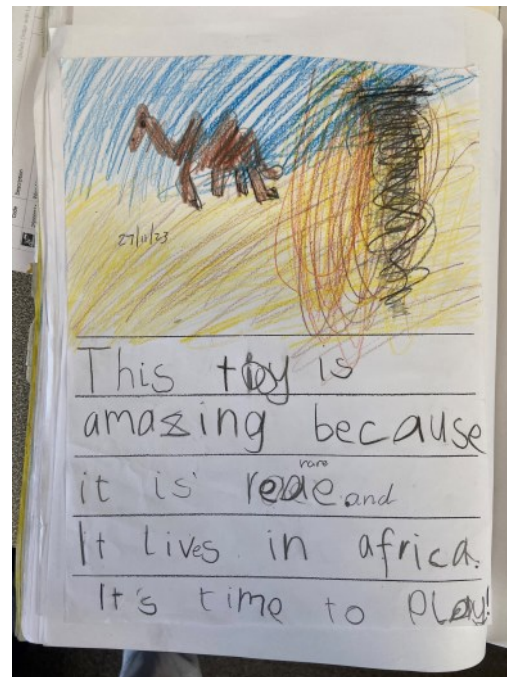


Until next time - Maria Shearn, Principal



Literacy @ East Bentleigh PS in Prep M

Our Prep M students have had an amazing time exploring persuasive writing this last few weeks! They began by sharing what they wanted and giving reasons, then learned to use persuasive language, add details, and organize their ideas. They even experimented with visuals to make their writing more exciting. The kids also became experts at revising and editing to make their work clear and convincing. To top it off, they confidently presented their persuasive pieces aloud. I'm very proud of their progress, creativity, and hard work. It's been a fantastic journey in the world of writing for our young learners!





Maths at EBPS



6A Maths

6A completed an activity where we needed to solve a fraction equation and then piece the puzzle together. Once complete, the students enlarged the smaller picture onto a grid using coordinates. This activity took a long time to complete and precision was key.



By Anna Piliito - Class 6A Classroom Teacher

Wellbeing at EBPS

1/2 Mainstream Wellbeing

This term, Bill has taken the Year 1 students once a week for Wellbeing and Digitech. The students have learnt about East Bentleigh's core values. They have also had opportunities to improve their ICT skills, such as logging into and using google education applications.

East Bentleigh Primary School's Values

Respect is caring for your friends and family. -Bert

Optimism is when something goes wrong, you say "look on the bright side" or "we can do this". -Susan

Confidence is when you are brave enough to do something scary. -Ellie

Teamwork is working together in a big group, which you work with your friends. -Olympia

Empathy is getting people to join your game when they are sad. - Coral

Perseverance is about never giving up and keep trying to get it right. -Harry

Using Google Slides

To make our posters, we logged into my google account. We used google slides to make the posters. I learnt to put a picture on the background, highlight words, make the words in different colours and styles. We had lots of fun doing it. -Coral



MUSIC NEWS

On Monday the 18th and Tuesday 19th of December we will be holding an instrument cleaning and check service for all student's instruments.

If you would like your instrument cleaned and checked before the holidays please leave it in the PAC on Monday 18th for collection on Tuesday 19th December at the end of the assembly at 3:30pm

Felicité



INSIGHTS

by Michael Grose - Australia's leading parenting educator

Making the most of these holidays

Often family differences are contained during the year but spill over when normal routines cease over the holiday period.

You don't need an instruction manual to make the most of the school holidays. After all, holidays are about kicking your feet up, relaxing and getting away from the usual routines. Right?

But the festive season can be stressful for many. For parents the prospect of keeping children occupied for up to six weeks can be daunting.

Christmas can also be a difficult and lonely time for some. Sole parents and step-parents usually experience particular challenges at this time of the year as family catch-ups cause conflict, and disputes can arise over who children spend their time with.

Often family differences are contained during the year but spill over when normal routines cease over the holiday period.

Here are some ways to help reduce tension over the festive season and make the holiday season enjoyable and fruitful for all:

1. Be creative with how festivities are organised.

If you are flexible with your arrangements as well as your thinking then the potentially tricky times will flow more easily. For instance, two or more Christmas dinners may be needed so everyone is included.

2. Mix up the routines.

The best part about holidays is the change from the routines of school-life. Some kids feel comfortable with the routines of school-life and can feel a little lost until the new holiday routine kicks in. Be patient with these routine-junkies! Also make sure you begin adjusting the routine as returning to school comes closer so kids are prepared for going to bed and getting up at earlier times.

3. Mix 'me' time with 'them' time.

Plan a mixture of outdoor activities or trips with quiet at-home activities where you can relax and recharge your own batteries. The holidays give you a chance to spend time as a family but you also need to take some time for yourself each day. It helps to let your kids know that you are having some timeout too.

4. Resist being your child's home entertainment machine.

Give children opportunities to keep themselves occupied or think of inexpensive, fun ways to keep themselves amused. "I'm bored" is an invitation for kids to keep themselves occupied rather than for you to keep them amused.

5. Team up with other families.

Whether it is sharing celebrations with other families or just holidaying with friends, holidays offer the chance to broaden your child's social circle.

Make sure you provide the three types of activities that children want with their parents – i.e. **rituals and celebrations**, including family mealtimes; **one-on-one activities** where you spend some time alone with each child; and **unstructured, impromptu activities** such as playing simple games, storytelling and walks around the neighbourhood. These are important relationship-building activities that bind families

together and enable you to build up emotional collateral with kids as they move into adolescence.




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


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MICHAEL GROSE

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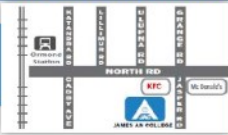
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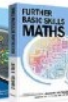







FOR ANY NEW STUDENTS WHO ENROL BEFORE **11 FEB 2024!**

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Term 1 2024

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