Dear Parent/Guardians,

Welcome back to the 2017 school year. As per usual, it has been a hive of activity at the school over the summer period with the trees being trimmed, servicing of a lot of our equipment and the painting of the science room and uniform shop. At assembly on Monday we presented a token of appreciation to the families that were able to come in and water our veggie garden over the holidays. Your support is greatly appreciated. We would also like to thank the parents/guardians that who were able to help out on Book Sales day. Without your support, the day would not have gone so smoothly. Thank you all very much.

Beach Day
On Tuesday February 27th we will be holding our annual Beach Day at Canadian Bay Beach. This is a great day where the whole school is able to explore the rock pools at Canadian Bay. This year, the School Council will be fully subsidising the cost of this excursion. As such, there will be no charge to students to attend. All that will be required is a signed permission form for each student. Permission forms will be sent home on Friday this week.

Bikes, Scooters and Skateboards
Bikes, scooters and skateboards should not be ridden in the school grounds as this causes a safety issue for the pedestrians within the grounds. Upon arrival at school, students should walk their bike or scooter to the bike shed. The bike shed is locked up shortly after 9am by the monitors and unlocked again just before 3.30pm.

Staff Carpark
Just a reminder that the staff carpark should not be used as a pedestrian entrance to the school grounds. There are pedestrian entrances on Frawley Street, Ashleigh Avenue and at the main office on Mena Street. The staff carpark is for vehicle access only.

Hot weather
Melbourne will experience extremely high temperatures over the back to school period. Parents/guardians are reminded that on hot days it is important never to leave children alone in the car. Temperatures inside a parked car during summer can be around 20 to 30 degrees hotter than the outside temperature. Leaving children in hot cars, even for a moment, can result in serious injury or death. Young children’s smaller body size and underdeveloped nervous system places them at greater risk of life threatening heat stroke, dehydration and other serious health risks.

Speed Zones
I would like me to remind the school community

Our school will implement the Child Safe Standards to ensure the safety and wellbeing of all students at the school and promote an organisational culture that manages the risk of child abuse and neglect.
of the importance of road safety around schools. School Speed Zones will be enforced from the commencement of the school year. We are fortunate that the speed limits around our school are permanently set at 40km/h.

Student accident insurance/Ambulance cover arrangements and private property brought to school

We would like to advise parents/guardians that the Department does not provide personal accident insurance or ambulance cover for students. Parents/guardians of students, who do not have student accident insurance/ambulance cover, are responsible for paying the cost of medical treatment for injured students, including the cost of ambulance attendance / transport and any other transport costs.

Parents/guardians can purchase insurance policies from commercial insurers. The Department cannot advise parents/guardians on whether to purchase a student accident policy/ambulance cover, or which policy to purchase. It is recommended that you seek assistance in this matter with your insurance broker or find a suitable personal accident insurer in the Yellow Pages or online.

Personal property is often brought to school by students, staff and visitors. This can include mobile phones, calculators, toys, sporting equipment and cars parked on school premises. As the Department does not hold insurance for personal property brought to schools and has no capacity to pay for any loss or damage to such property students and staff are discouraged from bringing any unnecessary or particularly valuable items to school.

Student of the Week

Monday 13th February

PM—Aria A—For her enthusiastic start to her first year of school.

1/2S—Aaron K.—For making a great start in year 2.

1/2R—Tomy T.—For making a fantastic start at Frankston East Primary School.

2/3H—Sorren H.-K.—For an excellent start to the year and trying hard with his work.

3/4B—Sajaad A.—For a great start to the year.

4/5W—Van Van A.—For his enthusiasm towards school and learning.

5/6S—Cassidy E.—For starting the school year with a positive mindset and trying hard with her work.

5/6O—Alex K.—For starting the school year with a positive mindset and trying hard with his work.

Uniform Shop Operating Hours

The operating hours are:

TUESDAY – 3:15pm – 3:45am
FRIDAY - 8:45 – 9:15am and
3:15 – 3:45pm

Our school will implement the Child Safe Standards to ensure the safety and wellbeing of all students at the school and promote an organisational culture that manages the risk of child abuse and neglect.
Welcome back everyone for a great 2017 and a special welcome to all our new parents and children.

When you first came to our school you may have seen my office with the sign Student Wellbeing. As part of my role as Student Wellbeing Manager I have a strong commitment to further strengthen the bond between FEPS and your child but more importantly the bond between yourself and your children.

Our school is a member of Parentingideas which is Australia’s leading provider of parent education resources to schools. It is headed by Michael Grose, a well known author of books such as “Why First Borns Rule the World and Last Borns Want to Change it.” Michael also has parenting columns in newspapers across Australia and is a commentator on both television and radio.

This year I will continue to provide insightful and helpful information from Parentingideas and other well respected educationalists as well as bringing to your attention the details of any programs or forums that are being offered by local organisations.

Every second week I will include regular parenting articles on topical and practical issues from Parentingideas.

For our first ‘Parent Corner’ article for 2017 I have revisited Michael Grose’s ‘Make This Year Your Child’s Best Ever at School’ which offers some valuable tips on how to make this year a great one for your child.

A new school year means a clean slate for students. Regardless of your child’s performance last year, they start school with a clean slate. A break offers students the chance to begin new habits and adopt new behaviours.

Here are seven ideas to help you make the most of the fresh start and make this year your child’s best year ever at school:

1. **Commit to your child going to school every day on time.** One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day – and gets there on time. Kids spend more time asleep than at school, so we need to maximise every day to get full value.

2. **Help kids start each day well.** A good night’s sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time get up, eat and get ready for the day.

3. **Establish work and study habits.** The most successful students are those who develop regular study habits that suit their lifestyle, their study style and their school’s expectations. Find out the work expectations from your child’s or young person’s school and help them establish a work routine that matches.

4. **Make sure your child gets enough sleep.** Many children and young people are sleep-deprived, which impacts on their wellbeing and their learning. A good night’s sleep consolidates learning, as well as assisting future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help kids get sufficient sleep by having a regular bedtime and get-up time each day. Have a 45-minute wind-down time each night, and remove screens and mobile phones from bedrooms.

5. **Insist kids exercise.** The old saying about ‘a healthy body and a healthy mind’ is so true.
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Exercise releases the chemicals needed for learning and wellbeing. Yet kids today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for kids of all ages. Encourage your child to play sport; promote free and active play and look for ways to make moving part of their daily lives.

6. Focus on being friendly. Schools are very social places requiring kids to negotiate many different social situations each day. Yet we often only focus on academic learning. There are strong links between social success, and academic success and wellbeing. Encourage kids to be open and tolerant; to be friendly; to be sensitive to others; to be involved in plenty of activities and to be social risk-takers. These are all characteristics of socially successful kids. At the same time discourage anti-social behaviours such as over-competitiveness, self-centredness and lack of sharing.

7. Develop self-help skills. Successful students are often well organised, self-directed and self-motivated. Personal organisation seems to come more naturally to girls than boys, however both genders benefit from coaching in this important area. You can foster organisational skills and self-direction by developing simple, age-appropriate self-help skills related to their everyday lives. Such skills as making lunches, packing school bags, and organising after school schedules can be great lessons that impact on how kids perform at school.

At the start of the school year kids are likely to adopt changes more readily than at any other time. Make the most of the opportunity by focusing on two or three areas to really focus on and you’ll find that the rest will fall into place.

Please don’t hesitate to see me if you have any queries or concerns.

Barb Heeney – Student Wellbeing Manager
Our Prep children have had a fantastic start to their first year of school at Frankston East Primary School. They were warmly welcomed to their classroom last Thursday and have quickly settled into the school environment and classroom routine. In the first few days of school, a number of the children re-established friendships they had made at kinder/child care last year and many have formed new friendships with fellow classmates.

The children have started looking at letters of the alphabet and identifying and learning to write each letter in upper case and lower case. We are talking about what sound each letter makes and words that begin with each letter. This week our preps have been looking at the letters O, A and C in upper and lower case form. They have completed works sheets related to these letters and practiced writing each of these letters in their Literacy books. The children have also listened to several stories starting with these letters including “Owl Babies,” “A Fly Went By” and “Caps for Sale”. These books have been read as big books, picture-books and stories on the Interactive whiteboard.

After recess are the Preps have Maths lessons. Often they will be looking at numbers and practising our counting forwards and backwards. Over the next two weeks they are learning how to sort and classify objects by colour, shape and size.

Each day our preps have taken part in Developmental play activities, similar to those in kindergarten, crèche and home. These include blocks, drawing, floor puzzles, chalk and chalkboards. This has assisted in a smooth transition to school, by providing activities the children are already familiar with and enjoy. These play activities also allow the children to socialise with each other and participate in sharing, taking turns and language experiences in relaxing and enjoyable setting.
Bay Views Newsletter

BREAKFAST CLUB

Don’t forget Breakfast Club begins again on Monday 13th February.
Permission slips need to be returned to participate.

School Banking is underway for 2017.
Friday is School Banking Day. Forms for new accounts are available at the school office.

Student Attendance last week

Percentage of students at school 99.4%
Percentage of students on time 97.9%

Registration Day

Saturday February 18th - 12 to 3pm

Frankston Hockey Club Clubrooms
1 Bloom Street Frankston (behind Monash Uni)

All Welcome, whether you are new to the game and want to learn or an experienced player looking to join a great club.
ALL AGES

VicLeague I, Metro, Womens and Junior Teams
Senior Enquiries: 0414 901 994
Junior Enquiries: 0487 888 032

www.frankstonhockeyclub.com
hello@frankstonhockeyclub.com

CAFÉ KINSHIP

Our “CAFÉ KINSHIP” still continues to grow with many now participating. We provide a vital link for Kincarers in the community.

We meet on the 1st Wednesday and 3rd Wednesday of each month and share our experiences over a cuppa and refreshments.
9:30am—12:00pm.
2 Logan Street, Frankston.

For Kinship Carers who may be interested in participating you can contact Jenny Cheshire on 0424 717 770 for more information.
Frankston East Primary School

Our Purpose:

To provide the Frankston East Community with a friendly and dynamic learning environment that engages students who work to achieve their personal best in an atmosphere of mutual respect and cooperation.

Frankston East Primary School promotes itself as an “Established School with Modern Ideas, based on Traditional Values”

We Value:

<table>
<thead>
<tr>
<th>RESPECT</th>
<th>We respect the rights of each other and our environment.</th>
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<tbody>
<tr>
<td>TOLERANCE</td>
<td>We accept individual differences in every way.</td>
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<tr>
<td>EDUCATIONAL EXCELLENCE</td>
<td>We believe in the right of every child to excel to their personal best.</td>
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<tr>
<td>CONFIDENCE</td>
<td>We instil in the child the confidence to approach the unknown.</td>
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<tr>
<td>COMMUNITY INTERACTION</td>
<td>We encourage honest and open community interaction and involvement</td>
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<tr>
<td>FUN</td>
<td>We never lose sight of the fun and enjoyment of learning.</td>
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<tr>
<td>MUSICAL APPRECIATION</td>
<td>We incorporate musical awareness, appreciation and performance throughout our programs.</td>
</tr>
<tr>
<td>SPORTING INVOLVEMENT</td>
<td>Sporting involvement at all ages provides a wonderful insight into the development of people skills</td>
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Our commitment to child safety

Frankston East Primary School is committed to child safety. We want children to be safe, happy and empowered. We support and respect all children, as well as our staff and volunteers. We are committed to the safety, participation and empowerment of all children.

We have zero tolerance of child abuse, and all allegations and safety concerns will be treated very seriously and consistently with our robust policies and procedures. We have legal and moral obligations to contact authorities when we are worried about a child’s safety, which we follow rigorously.

Our school is committed to preventing child abuse and identifying risks early, and removing and reducing these risks. Our school has robust human resources and recruitment practices for all staff and volunteers. Our school is committed to regularly training and educating our staff and volunteers on child abuse risks.

We are committed to the cultural safety of Aboriginal children, the cultural safety of children from a culturally and/or linguistically diverse backgrounds, and to providing a safe environment for children with a disability.

We have specific policies, procedures and training in place that support our leadership team, staff and volunteers to achieve these commitments. If you believe a child is at immediate risk of abuse phone 000.