FROM THE PRINCIPAL AND ASSISTANT PRINCIPAL

Dear Parents and Families

Mothers Day Stall tomorrow
Thank you to Parent Club for organising the range of gifts for the stall. We appreciate the work that is done behind the scenes and we are very sure all mothers will appreciate their surprise gift on Sunday. We hope all our mothers have a wonderful day.

Grandparents and Special Friends Morning Monday 16 May at 9.10am.
Our students love to share all the things that they do at school with their grandparents or special friends. We look forward to seeing many visitors on the day.

Where there’s a Will there’s a Way: Friday 13th May
Thank you to our Junior School Councillors for organising this special day. This Bayside schools event enables our school community to show their support for Will and his family. Your contribution to Will’s continuing care will be highly appreciated.

School Council AGM
Our AGM will be held in the on Tuesday 17th May from 7.30pm until 8.00pm, in the school staff room. Parents are welcome to join us as we present our 2015 Annual Report. The report is also available on our website. Click here to view http://beaups.vic.edu.au/uploaded_files/media/2015_annual_report.pdf

National assessment next week for Year 3 and Year 5
The students will be assessed in the areas of Reading, Writing, Spelling, Grammar and Punctuation and Numeracy on Tuesday, Wednesday and Thursday next week.

Sheryl M. Skewes
Principal

Louise Neave
Assistant Principal

New Date: On Friday 13th May, we are participating in the Bayside Schools Free Dress day for Will Murray.
This day has been organised by Jack Clarkson a school friend of Will Murray. It is supported at our school by the JSC, who has decided this would be a great cause for our school community to support.

Will’s Story
Will, is a typical 14-year-old boy whose life up to this point has been full of sport, friends and school. Renowned as a talented athlete, Will was Vice Captain of the Victorian School Boys State Football Team, represented Australia at the World BMX titles, played...
representative basketball and captained his school football team.
In one moment, Will’s life changed forever and so did the life of Will’s entire family. Will sustained a serious neck injury in January 2016, when he was playing with his mates at a local beach in Melbourne’s bayside suburb of Black Rock. An accident off a pier resulted in catastrophic damage to his C5 vertebra and diagnosis of quadriplegia from severe spinal cord injury.
Will and his family have a long and difficult road ahead. It’s our goal to raise enough money to relieve the significant financial pressure placed on them by this tragic accident.
With your help, Will can go on to lead the best life he can – with access to physiotherapy, expert rehabilitation programs, specialised equipment, ongoing full-time care, and a home repurposed to suit the needs of someone with spinal cord injury.

May 13th – The Bayside Schools Free Dress Day
All Beaumaris Primary students are encouraged to wear free dress with a touch of orange, and bring a gold coin donation to raise much needed funds for Will Murray and his recovery.
We thank you for supporting us. Beaumaris Primary School, Junior School Council.

Grandparents and Special Friends Morning
Visitors may wish to purchase a book which will then be donated back to our library to keep our library up to date. The name of the family will be acknowledged on a bookplate inside the cover of the book.
There will be a selection of 200+ books. (Fiction, non-fiction and picture story) Prices will range from $10- $30.

Congratulations
Congratulations to Evie who has been selected to represent Victoria in the 12 years and under girls Vic Hockey Team 2016.

Victorian Premiers’ Reading Challenge
The Victorian Premiers’ Reading Challenge is now open and Beaumaris Primary School is excited to be participating. The Challenge is open to all Victorian children from birth to Year 10 in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by 9 September 2016.
Children from Prep to Year 2 are encouraged to read or ‘experience’ 30 books with their parents and teachers. Children from Year 3 to Year 10 are challenged to read fifteen books.
All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and can choose to have their name included on the online Honour Roll. If you would like your child’s name to appear on the Victorian Premiers’ Reading Challenge online Honour Roll, please sign the form on the school website and return it to school. Click here for form.
To read the Premier’s letter to parents, view the booklists and for more information about the Victorian Premiers’ Reading Challenge, visit: www.education.vic.gov.au/prc
10 ways to promote good mental health & wellbeing in kids

This year make mental health a parenting priority. Kids with good mental health feel better, learn better and are better equipped to handle life's curve balls.

It seems strange to talk about promoting good mental health in children.

Shouldn't all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood.

Sadly, it doesn't seem that way. According to the Australian Psychological Society, one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common.

Having good mental health doesn't mean kids don't experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life's curve balls that come their way. They also don't let their emotions overwhelmed them. As a result, they learn better and have more friends as well.

As a parent it's useful to reflect on the mental health habits that you promote in your kids.

Here are ten ways to promote good mental health and wellbeing in kids:

1. Model good mental health habits
   If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation exercises. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It's worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.

2. Make sure they get enough sleep
   Sleep is one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well.
   Children need between 10 and 12 hours' sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single most powerful strategies to improve kids' abilities to cope with stressful or changing situations is to ensure they get enough sleep.

3. Encourage your kids to exercise
   When my mum would tell me all those years ago to turn the television off and go outside and play, she didn't know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour's movement per day seems to the minimum for kids. How much exercise does your child receive?

4. Encourage creative outlets
   Kids should practise creativity if for no other reason than it helps them experience the state of flow. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creatives understand the concept of flow. It's energising and helps take stress and worry out of themselves.

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5 Provide a space of their own
Children of all ages benefit from having some space of their own where they can think. Quiet time and down time give boys the chance to let their thoughts wander around inside their heads. It also helps them get to know, and even like, themselves. Boys will often do their best thinking on their own, so they tend to retreat to their caves (bedroom) when things go wrong at school or in their relationships. They need to go within to find their own answer.

6 Talk about their troubles
A problem shared is a problem halved. Talking about what’s worrying you is a great way to remove the burden of worry and reduce anxiousness. Some kids bottle up what’s inside, while others will catastrophise a situation, which can make matters seem worse.

If your child has a problem let him know that his concerns are important to you. Kids often can’t tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how kids may be feeling.

7 Help them relax
Make sure your child has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real difficulty switching off may benefit from practising meditation or mindfulness, but most kids just need time to chill out so they can relax naturally. (I personally practise mindfulness and have found it a really helpful way to turn off my brain for a while!)

8 Have two routines – weekday and weekend
Most households are pretty highly scheduled these days. There are routines for getting up, coming home, eating meals and going to bed. These structures are necessary when we’re busy. Families need a second, more relaxed weekend routine that helps kids relax and unwind. It’s important to have this release valve if families are flat out busy during the week.

9 Foster volunteering and helpfulness
Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to and help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

10 Bring fun and playfulness into their lives
Kids should be the kings and queens of play; however, some children live such full-on, organised lives that much of the natural fun and spontaneity has been stripped from their everyday life. Mucking around, which is code for having fun, is something many children of this generation don’t have time for. If you see your child constantly stressed or overwhelmed by events, change the mood by going to a movie, joining them in a game or seeking other ways to have some fun.

These ideas are basic common sense. However, as kids’ lives get busier these essentials get squeezed out. Here’s my recommendation to ensure that mental health habits aren’t overlooked or neglected.

First, see these habits as the building blocks of mental health. Don’t ignore or trivialise them. Talk to your children and tie these activities to their mental health. Do this in your own way and your own time.

Second, assess which of these habits need your attention and make some adjustments over time to push the pendulum back in favour of your child’s mental health.

Michael Grose
ひなまつり Hinamatsuri (Dolls festival/ Girls’ Day Festival)
On March the 3rd we celebrated this festival in Japanese class. Japanese girls eagerly await the third of March, called Hina Matsuri, or Doll’s Festival. In Japanese, “hina” means “small doll.” Girls display their most precious dolls on a seven-tiered platform in their home. Families visit shrines and pray for the health and happiness of their girls.
In the Japanese class, all the girls got to wear a Kimono and had their photo taken. The boys helped them on the day with anything they needed doing.

こどもの日 Kodomo no hi (Children’s day, traditional called boys’ day)
Japan also celebrates a special day for boys, called Kodomono-hi. On May 5th, families that have boys fly spectacular kites shaped like carp and decorate their homes with figures of traditional warriors to inspire the boys to be strong and brave. The carp is known for its strength and determination. The boys dress up in a kimono and often take baths with iris leaves, which are believed to keep boys healthy and strong.
The boys this week are having their photos taken holding a sword. Unfortunately May the 5th isn’t a public holiday in Australia so everyone needs to come to school. The boys enjoyed asking
LEVEL LOW DOWN

Prep

Today (Thursday 5 May) is our 50th day of school! Which is super exciting, as we are half way to our 100th day celebrations. Each day we have been exploring a variety of number facts, including friends of 10, the number before and the number after, how we write numerals and much more. The students are eagerly awaiting our 100th day at school celebration which will happen early Term 3.

The students have been enjoying having the opportunity to extend their learning outside during investigations. The group of scientists below were looking for caterpillars and collecting data, using tally marks of how many caterpillars they discovered in our garden. The students then spoke about what the caterpillars needed to survive, and identified them as living creatures because they needed; air, food and water. Students have enjoyed exploring the concept of living and non-living through our Science program.

“Teddy bears are non-living because they just live in your toy box and don’t need to eat anything!” (Aiden Prep M)

Year One

Our busy bookworms have been reading their way through piles of books for The Premier’s Reading Challenge. Mo Willems and Aaron Blabey rule in the reading corner! Another investigation happening is a Mini Golf Park (or really Crazy Golf) which has been set up with challenging tricks and traps! Gumnuts and sticks have been turned into clubs at the collage table and rules for the game are being written in the Writer’s Workshop. A few secret activities have been happening in classes too...

We wish all our lovely Mums a wonderful day on Sunday 8th May. You are all much loved!

Year Two

The Year 2’s have been really busy. Last Thursday we travelled to the Cranbourne Botanical Gardens to learn about indigenous history and culture. When we arrived we were welcomed by four amazing park rangers that later became our leaders for the day.

This is what the Year 2’s enjoyed most:

Anna – Food and art
Zara – Trying the lemon myrtle tea
Ysabelle – I liked learning about the Aboriginals
Declan – The river was really cool
Annabella – I liked the Aboriginal paintings
Ella – It taught me a lot of history about the Aboriginal people
Sarah – It was fun walking through the bush and learning how the Aboriginal people lived off the land
Eve – I liked painting with the Oka
**Year Three**

We were visited by Koomurri Aboriginal Incursions to learn about the diverse cultures of our local community. We were shown how to play a didgeridoo and imitate Australian animals. We were also introduced to indigenous tools used to survive in the bush. The students loved getting their faces painted and having a hand (literally) in the creation of an indigenous art piece.

**Year Four**

We have been busy again this week. On Monday 4DG were very lucky to work with Julie Shepherd, our Literacy consultant, where we learned about how to improve on editing our writing and we practiced these strategies with her on our recount writing.

We have also been focusing on our history focus and we have been exploring the similarities and differences of children during 1700s, and the story of the colonization of Australia and the hardships they endured. The house cross country was a big success. Despite the windy conditions, the students successfully conquered the conditions and ran over 2 and 3 km. Well done to all participants and a big thank you and to the parents for helping.

**Year Five**

Our Year 5 Friendship Ambassadors had an inspiring day at Beaumaris Beach Primary on Wednesday. Martin Heppell presented how important it is for all of us to practice mindfulness, empathy and gratitude every day to build resilience. Our students will be bringing all their knowledge back to our school and embarking on an exciting project to share with our local community. Stay tuned!

**Year Six**

This week the Year Six student’s participated in House Cross Country and all did really well. Everyone crossed the finishing line despite the blustery weather conditions. Flinders house won the House Cross Country Shield. A big thank you to all the teachers and parents who helped out on the day.

The Year Five and Six students are participating in interschool sports for the winter season. Some of the options were Soccer, T-ball, Netball, Football, Hockey and many more sports. The games will start this Friday, best of luck to all the teams.
Entertainment Book
The new edition of the Entertainment Book is now available for purchase through Beaumaris Primary - still the same price of $65 with $13 of that going straight to the school. Those of you who have purchased before will know the membership contains offers and discounts for a variety of entertainment & services, including activities, shopping and restaurants. Memberships are available in both book and digital form, and a sample book will shortly be available at the school office for you to view. If you are interested in purchasing a membership, please do so through the link below: www.entbook.com.au/1869w07
Please note payment cannot be accepted through the school office.
Any questions please contact Bec Wattam (classes 2C/4M) 0419 529 638 becwattam@hotmail.com

Scholastic Book Club
The closing date for orders from the Issue 3 catalogue is Monday 9th May.

Mother’s Day Stall
The annual Mother’s Day fundraising stall will be held tomorrow at school. A range of presents all retailing for $7.00 will be available for the children to choose one gift during their class visit to this stall with their teacher. Please also remember to include a bag for your child/ren to take the gift home in. If any gifts remain at the end of the class visits, students will have an opportunity to purchase a second gift. Please note that all payments for the gifts are required on the day.

Mother’s Day coffee cart
A coffee cart has been booked to come to the school tomorrow and serve coffee to Mum’s and friends from 2.15pm. We will also have some delicious nibbles to accompany the coffee. We would welcome all parents to stay on for our Assembly at 3.00pm. Come along and celebrate all things great about being a mum with your school yard friends.

Scholastic Book order
The closing date for orders from the Issue 3 catalogue is Monday 9th May. Please see our book display at the front office if you have not received your Book Club catalogue.

Working Bee-Sunday 15th May 9am-11am
We invite families to come along to help at our next Working Bee. We will be tidying up our grounds in readiness for Grandparent’s Morning the following day. Garden Club has a few jobs that may require combined muscle power. A notice will go home, in the week prior, seeking volunteers.

Grandparent’s / Special Friends Morning Tea
To kick off the school’s celebration of Education Week we have a morning tea and open classes for each child to invite a Grandparent, family member or special friend along to show them their classes and school facilities after a special Assembly commencing at 9.10am. At the conclusion of this morning the Parent Club will host a morning tea for our guests to catch up with each other over a coffee and cake.

Golf game for Parents
Over the past couple of years a couple of parents have mentioned catching up over a game of golf. If anyone is interested in doing this, please contact Fiona Love with what day/s and times you would be interested in having 9-18 holes and a lunch/ morning tea. Fiona can be contacted on 0417 532 797 or email brownfm@netspace.net.au
On Thursday the 28th April we held our first school alumni gathering “Back to Beaumaris” party 2016. We were very excited to hear about all the year 7 adventures, camp stories and how you have settled into high school. The teachers and former students shared afternoon tea while listening to our graduation songs, writing messages in our memory book and enjoying catching up. It was wonderful to chat to all the students and it was a fantastic opportunity for those in different high schools to reconnect and share their year seven experiences. It was a great opportunity for the teachers to see the parents and family and be part of this wonderful community event. At Beaumaris Primary School we hope to make this a yearly event as over eighty percent of the cohort attended the event.
Hi! My name is Noran Nasralla and I am the new Coordinator for Beaumaris P.S & Stella Maris School OSHC. Together with my new Assistant Karen Aurelio, we will be running the before & after School care programs. So far the children have enjoyed many activities here at OSHC and here are few to highlight.

**DIY Vases & Flowers**
We practised sustainability by using recycled bottles and materials to decorate and make vases and flowers for the OSHC room.

**OSHC Gallery**
The children have been displaying their creativity on our new art gallery display.

**Lego Creations**
Tim made a fantastic dragon out of Lego blocks by copying the dragon from a book he had brought in from home!

**Donations Wanted at OSHC**
Are your unwanted toys tucked away and collecting dust? Why not give them a new home here at OSHC! At OSHC we are always looking for donations for children to enjoy a wide variety of toys and activities. Do you have any unwanted but pre-loved:
- Toys (animals, action figures, dolls, Barbies)
- Dress ups
- DVDs (G rated only)
- Board games and puzzles

**Bring your own toys**
Sharing is caring, please remember to bring your own toys.

**How to get started**
Before using our programs register online for an account. Registering is quick and easy.

**Once registered**
You can make bookings and cancellations, view your statements and manage your details anytime of the day.

**Save on Care**
Save 50% or more on Before and After School Care with the Child Care Rebate. Almost all families are eligible. To find out more call our Customer Service Team on 1300 105 343.

**Healthy Snacks**
Afternoon tea is served daily. Menus are tailored to children’s tastes, developmental and nutritional needs. Afternoon tea includes a selection of yummy sandwiches and fruit. Children may also engage in fun cooking activities.

**JOIN THE Fun**
Don’t forget about the Camp Australia Holiday Clubs these school holidays. Use the Holiday Club Finder on the website to find the nearest program: