Esmart Week: Cyber-safety
Next week across Victoria all schools will celebrate Education Week. The theme this year is Technology: Create Your Future. To incorporate the theme throughout our school, all students will learn about the safe use of technology through the use of eSmart strategies. Students from Prep-6 will participate in various age appropriate cyber-safety topics across the week. Topics include: how to be cyber-safe, what cyber-safety means, keeping passwords private, not sharing personal information on the internet, obtaining parent permission when participating in online games, telling our parents about ‘strange’ things on the internet, social media age limits and cyber-bullying. To continue the conversations at home please find a link to eSmart parent resources.

https://www.esafety.gov.au/education-resources/parent-resources

FROM THE PRINCIPAL AND ASSISTANT PRINCIPAL
Dear Parents and Families

Education Week Launch:
Grandparents and Special Friends Visit and Morning Tea May 16th
We are looking forward to quite a crowd on Monday and we hope the weather is on our side. Our visitors will be welcomed at our whole school assembly, beginning at 9.10am. Our students look forward to this special day on our school calendar. They enjoy sharing all the exciting things about their school with their grandparent or special friend. Thank you to Parent Club for providing morning tea which is always well received by our visitors.

The library will have a range of books on display ranging in price from $10-$30. If our visitors wish to purchase a book for the library their donation will be acknowledged on a Book Plate inside the front cover.

Education Week Focus: eSmart and Technology
During the week all students will focus on skills that ensure cyber safety. Our school is eSmart accredited and we continually address the importance of cyber safety during the year.
Education Week Close: Open classrooms on Friday May 20th 3.00-3.30pm

To conclude Education Week families are invited into classrooms. The students will share their learning about cyber safety and technology for the week with their visitors. The open classrooms will be in lieu of whole school assembly.

Friendly reminder: Working Bee Sunday 15th May 9.00-11.00am

Thank you to the families who have returned their working bee notices. Our priority will be our gardens. We will need muscle power to remove some dead shrubs, trim large shrubs, relocate some garden rocks and sleepers as well as a general tidy up of the grounds in readiness for our visitors on Monday. Thank you in advance to the parents who can come along for a couple of hours on Sunday morning. Even if you can assist for just an hour, your help is greatly appreciated.

School Council AGM Tuesday 17th May 7.30-8.00pm

Any interested parents are invited to come along to the AGM on Tuesday evening. The evening will begin with a presentation to School Council by Junior School Councillors at 7.00pm followed by the AGM from 7.30-8.00pm approximately.

Casual Dress Day tomorrow: Where there’s a Will there’s a Way’—Gold Coin Donation

Tomorrow our students can wear their casual clothes plus a touch of orange in support of the Bayside fundraiser for local boy Will Murray. As mentioned in a previous newsletter Will suffered terrible injuries as a result of a diving accident last Summer. The local community has rallied to fundraise as our way of supporting Will and his family as they plan for his future medical needs and care. Thank you to all in advance for your support tomorrow.

Thanks to our busy parents

Thank you to all the parents who help around the school on a regular basis. Thanks especially to the following parents for their work co-ordinating some of our recent Parent Club events: Gillian Marshall (Mother’s Day stall) with an army of Year 2 parents helping with wrapping; Sarah Patterson—for baking treats (with the help of Wendy Savage) for the Parent Club Coffee Cart; Danielle Henshall for managing the Prep/Buddy Tea-Towels.

Sheryl M. Skewes  Louise Neave  
Principal  Assistant Principal

Year 7 Transition

A reminder to all Year 6 parents that Application for Year 7 Placement forms are due no later than Friday 13 May. This is a Department requirement and a form for every child must be lodged. If you have any queries please call the school office.

..From your BPS Garden Club

The Preps have been busy in the garden again at the start of Term 2 with completing ‘Yarn Tulips’ to signify the end of the ‘Yarn Tree’ project they worked on in Term 1.

The children were able to take their tulips home or ‘plant’ them under the Yarn Tree. In addition, their Sweet pea and Poppy seedlings that were planted as seeds in Term 1 were ‘handed back’ to them as an ongoing project to look after, with each class talking about what a plant needed to grow and then deciding on the best position for their pot.

Garden Club is moving on to Year 1 this week with a project aimed at injecting some colourful sculpture to ‘The Colourful’ playground along with kicking off a larger school planting scheme that will see the area between the Hall and the Basketball court planted out with grasses that the children have grown from seed. This project will span across the Years with Year 2 and 3 to follow.

On another note there is a Garden Club list of jobs to do this Sunday at the school working bee so any help with painting, planting, digging and lifting (among other things!) will be most appreciated!
**Sustainability Tip**

**Energy**

Put colourful reminders around your house to remind you to turn off your electrical appliances.

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**SUSTAINABILITY REVIEW FOR THE WEEK**

This week BPS students have participated in the following sustainability activities....... 

- Change the World Time where each class participates in a sustainability activity around the school every Friday afternoon
- Year 4 gardening program
- Year 5 and 6 Power Rangers and Bin Busters held workshops for the younger year levels to teach them how to conserve energy and recycle at school
- Each class has created a nude food chart to monitor school lunches
- The Power Rangers and Bin Busters conducted an audit of how we use the bin system at school and will present their findings at assembly this week
How to move your child from worrier to warrior

As a parent of a worrier, and also a natural born worrier myself, I'm a collector of ideas and strategies to better manage anxieties and worries. Fortunately, as a child my young worrier didn't allow her anxieties to prevent her from participating in sporting, learning, social or leisure activities inside or outside school.

She did, however, spend a lot of time worrying about how little everyday things would pan out, almost to the point of being sick at times. She was a micro-manager who always made sure she had every angle covered in an unfamiliar or new situation. For instance, if she was to be picked up from a friend’s birthday party she'd always have a back-up plan in case a parent wouldn’t arrive in time to take her home! Being prepared for every contingency was one of her main strategies to help alleviate her worries.

Many children worry about seemingly little things that they have no control over. Whether it’s worrying about the house catching on fire; monsters or spiders lurking under their beds; or even worrying that their parents will go to work in the morning and won’t return home can seem irrational to all-knowing adults but make perfect sense to them.

If you are a Type A worrier yourself then you probably fully comprehend your child’s anxieties and worries. You know that being told not to overthink things or to stop worrying just won’t cut it if you are the ‘it’ll be right. Don’t overthink it’ type then you may be scratching your head wondering what all the fuss is about. There’s no doubt that worries need careful, sensitive handling by families and teachers alike. Your concern and understanding is one thing but they also need some practical tools and ideas to help them cope now and build strength so they can minimise the impact of worries in the future.

Here's a collection of great ideas that may help you transition a young worrier to being a social and learning warrior, or at least get the worry bug under control.

From writers such as Jeaneen EEOB author of Everyday Jitters, Mary Sheedy Kucinica author of Raising Your Spirited Child, Tamar Chansky author of Freeing Your Child from Anxiety, and Washington Post columnist Suzanne Nelson I learned these ideas:

Give the worry a name
Somehow giving a worry a name makes it feel less scary and more manageable. My favourite picture storybook for toddlers There’s a Hippopotamus on our Roof by Hazel Edwards personifies fear of the dark as a friendly hippo. Much more friendly and easier to boss around if you’re a child.

Put your worries in a jar
Wouldn’t it be great to put all your worries into a safe and throw away the key? As an adult you may do this when you take time out to watch your favourite TV show; or lose yourself browsing for hours online. Children need something a little more practical. They can write their worries on some paper and lock them away in a jar by the side of the bed at the end of the day. It’s good to know that their worries can’t get out because they are locked up tight.

more on page 2

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.
... How to move your child from worrier to warrior ...

**Limit talking time**
Kids have a need to verbalise their worries but talking needs to be contained to prevent their worries from dominating their lives. Set aside ten minutes a day to talk about their worries and then put worry time aside until tomorrow.

**Normalise rather than lionise their anxiety**
Anxious kids are very sensitive to their parents' concerns and worries. One way we build their concerns is by continually reassuring them that things will be fine. One reassurance should be sufficient most of the time followed by "I’ve already talked to you about that." Continually going over old ground can allow worries to linger longer than necessary.

**Worry about the things worth worrying about**
Worrying is energy sapping and can take up too much of anyone’s time. As your child gets older it helps him or her to distinguish between what's worth worrying about and what's not. Helping them prioritise their worries makes them feel like they are in control.

**Give them the tools to relax**
My wife relaxes in front of the TV, which is sufficient for her to take her mind off her worries. My daughter and I need a bigger set of tools including mindfulness and exercise to help us neutralise our worries. I know when my daughter is physically tired she's less likely to get herself worried or worked up.

It's not that worries can't function well. They generally over-function as they come to grips with their anxieties. Not only can worrywart children be hard for parents to live with, but also they can become difficult partners and friends as adults. This makes childhood the perfect time for parents, not so much to nip worries in the bud but to givenatural born worrier's some tools and strategies to make life more tolerable now and, importantly, in the future.

Michael Gross

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.
LEVEL LOW DOWN

Foundation

This week in Maths the Prep students have been busy collecting information about their classmates’ favourite things. The students have been using tally marks to record their data and even had a go at creating pictographs to represent the information collected. They were able to use the phrases ‘most popular’ and ‘least popular’ when discussing the data collected.

During Investigations students have been enthusiastically exploring the variety of dramatic play areas within the Prep Learning Area. Students have enjoyed visiting the Prep T supermarket to purchase items from their shopping lists and have returned to the Prep P home corner to deliver the groceries and prepare a meal for the family. Many students have also enjoyed visiting the Beaumaris mini school to practise handwriting, making friends of 10 and reading sight words. Keep up the great learning Prep!

Year One

The Year Ones would love to invite Grandparents and Special Friends to visit their classrooms on Monday 16th May. We can’t wait. 1M and 1W have Garden Club on Friday 13th May, which is a gold coin donation Free Dress Day too. It’s all happening. Visitors to our classrooms this week, will have noticed piles of dominoes and cards because we are practising our addition strategies such as doubles and near doubles. Look out for the amazing investigation in Mrs McSwain’s classroom - there is a tent, torch, and sleeping bag. Imagine all the learning happening there.

If you didn’t see Sam from 1W on the TV over the weekend—check out this link where you can see his feature and interview as the NAB AFL Auskicker nominee of the year for round 6. http://afl.nab.com.au/auskick/  Well done Sam.
Year Two

The Year 2 students have been investigating across many different learning spaces and initiating many new social interactions. They have also been discussing how our actions and reactions can link to feelings.

Next week the students will practise the skill of reading maps and identifying key features including labels, grid references and symbols. This will also include a walk to our local Concourse to explore the environment whilst reading a map.

We are also exploring adjectives and over the next few ICT sessions we will be logging on to a range of websites to link with our literacy focus. If you would like to log on at home, here is a link to Burst the Bubble Adjective activity! [http://www.turtlediary.com/game/adjective-in-a-sentence.html](http://www.turtlediary.com/game/adjective-in-a-sentence.html)

A big thank you to many of our wonderful parents who have been assisting in various ways in the classroom. We appreciate your support!

![Burst the Bubble Adjective](image)

Year Three

The students have been participating in their first NAPLAN tests. They have been trying their hardest and the teachers are very proud of their efforts. Well done Year 3!

Year Four

On Tuesday, the Year 4 students visited the Melbourne Museum and Captain Cook’s Cottage. The students were engaged and keen to extend their knowledge of early Australian History. At the First Peoples exhibition, in the Bunjilaka Aboriginal Cultural Centre, students learnt about the story of Aboriginal Victoria. In pairs the children were provided with iPads and the use of the Book Creator app, to make a record of the day that can be used in class for further study of Australia’s First People” and the impact of the arrival of the Europeans.

The students also visited the “Melbourne Story” exhibition, where they learnt about the history of Melbourne from the late 1800’s to the present day.

At Captain Cook’s Cottage, we learnt about how he lived and his early explorations. The size of the cottage, the conditions and the vegetable garden were of particular interest to the children. Thank you to the parents who assisted.
**Year Five**

The Year 5 students have spent this week extending their understanding of possible solutions to environmental problems. We have discovered that issues like drought, bushfires and salinity occur in many parts of the world and also that they make a significant impact here in Australia. This research will be useful for preparing ERPs later this term. Our NAPLAN tests have run smoothly this week with a catch up session available on Friday for students that have missed one of the tests. Friday is also our second Winter Sport fixture to be played against Brighton Primary School. Please ensure you arrive at 8:30am for a prompt departure at 8:45am. One final reminder, we have a Grandparents Day assembly at 9:00am on Monday 16th May to start off Education week and the Year 5 students have songs and drama pieces to share with the special visitors, teachers and students of Beaumaris Primary School. The students have been practising all week and are looking forward to performing at the assembly. Hope to see you there!

**Year Six**

This Friday everyone is asked to come to school in free dress, with a touch of orange. The school is supporting the Will Murray Foundation and we would appreciate your support in bringing a gold coin donation. The Year 6s are currently having singing rehearsals for Beauty and the Beast. They have been working extremely hard on practising for their parts. Last Friday the Year 6s started their inter school sports and everyone did very well! Congratulations to the girls and boys in the Oz-tag teams and the girls in the softball team for becoming district champions last season. Evie Stansby is now part of the U12 School Sports Victorian Hockey team, she will be selling raffle tickets from the office. Please support if you can.

From the Year 6 media team

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**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](http://www.education.vic.gov.au/prc)
Mothers Day
Thank you to all the wonderful parents who helped out with the wrapping, set up and manning the stall last Friday - it was a very successful event with almost all the gifts selling out, raising $976. There are some remaining Gardening Sets still available for purchase - they are $7 please see the ladies on the office who will be able to help you. I hope you all enjoyed your day last Sunday and had a lovely time with your kids or some time off!

Grandparents/Special Friends Morning Tea
Don’t forget to invite your Grandparents/Special Friends to Special Assembly at 9.10am next Monday 16th May - this will be followed by classroom visits and a lovely Morning Tea in the SALC for our visitors

PARENT SOCIAL NIGHT - AUGUST 20TH
Please save the date for our Hawaiian Luau night to be held at Sandy by the Bay. It promises to be a fab night full of dancing, canapes, photo booth, drinks, DJ, games & live auctions!
This year we are fundraising for an outdoor learning deck that will be used by students during performing arts lessons, physical education lessons, class lessons outdoors, as well as whole school events and performances. The area will also be enjoyed by families that visit our grounds during the weekends and school holidays.
If you would like to help out in any way no matter how big or small we’d love to have you on board. Please come along to our next meeting on Wed 18th at 9am in the staff room. Alternatively I need a team of volunteers who are happy to collect donations for me. If you can help do this please let me know.
Finally if you are able to donate any vouchers, goods or services for our silent auctions, live auctions or game prizes or have any contacts for these or sponsorship I'd love to hear from you.
Many thanks
Ness Newell
lochnessmonst71@hotmail.com
0424 329 008

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
Perler Beads

The Perler (iron) beads has been really popular at OSHC lately. Mahaliyah used 1073 beads to make this Pokemon ‘canvas’, holding a new record at OSHC!

Free Creative Play

The children’s creativity always surprises us. Dotti designed her own ‘fishing’ game using a paper cup, pegs broken in halves, and some ribbon. Amazing!

Noran (Coordinator) going to Japan!
Hey everyone! I will be away on my first overseas holiday from the 13th of May until the 24th of May. My assistant Karen will be taking over my coordinator position for that period of time.
I can’t wait to come back with stories from Japan! J
Noran

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:

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.