FROM THE PRINCIPAL AND ASSISTANT PRINCIPAL

Dear Parents and Families

Grandparents and Special Friends Morning
On Monday our students were very excited to share their learning and their school with their grandparents and special friends. The morning had a lovely community feel and there were lots of very proud grandparents and equally proud students. Thank you to Cindy Orchard for coordinating the organisation of the Morning Tea and thank to all who provided goodies or helped out on the morning. The food was wonderful and we are sure that the visitors will not only remember the range of educational programs and opportunities offered at our school, they will remember the wonderful morning tea as well.

Thank you to Mrs Rothberg, Mr Liburne, Mrs Madden and Miss Hulls for preparing our Year 5 students for their singing and micro performances at assembly. Thank you also to Mrs Rothberg and the Glee Club for entertaining our visitors at morning tea.

To all visitors who purchased a book for the library, thank you. Your contribution will be acknowledged on a bookplate inside the cover of your purchase and then added to our book collection.

Open Classrooms Friday 3.00-3.30pm (No whole school assembly this week)
Cybersafety and Technology have been our focus for Education Week this year. Parents are invited to visit classrooms to hear the students explain the safe online practices and understandings they have been learning about all week. We encourage parents to discuss and reinforce safe online practices with their children when using the internet at home. To assist parents, online resources were provided in last week’s newsletter.

Working Bee Sunday May 15th
Thank you to the following families who worked very hard to ensure the grounds looked neat and tidy for our visitors on Monday: Crew, Badgery, Fitzgerald, Lerman-Becker, Lu, Jolly, Maglio, Verdiants, Carson, Li, Georgio and Harris families and any who perhaps overlooked signing the register. Thank you to Mr and Mrs Neave for their help on the day also. The grounds were tidied, leaves swept up, large dead shrubs removed, and prunings were mulched using our mulcher. Ness Fitzgerald positioned some sleepers to form a path near the colourful playground. The dads managed to relocate large concrete planters in readiness for planting and a garden sculpture.

Friendly Reminder: Student Free Day Monday May 30th
As mentioned in previous newsletters, Monday May 30th is a curriculum day. Our teachers will be analysing student assessment data and meeting in teams to moderate student work samples to assist with Semester One report writing. This is the final curriculum day for the year.

Parent Teacher Interviews
A friendly reminder to parents that at any time during the year parents can meet with their child’s teacher at a mutually agreeable time to discuss progress. Additionally, in June and December parent/teacher interview times are made available for parents.
available to discuss Semester One and Two student reports.

**Sheryl M. Skewes**  
Principal

**Louise Neave**  
Assistant Principal

**School Charges**

Just a reminder that payment for Essential items including excursions, sport and materials are now due. Also the payment for School Year book 2016 is an optional item of $16, we need to arrange for these yearbooks next month so we need numbers. So please pay so you don’t miss out as we cannot order more once final number as sent off. Preferred payment option is QKR, can also accept credit card, & Eftpos.

**Additional Literacy and Mathematics Programs**

Thankyou to those parents who have already volunteered for our additional learning programs. Without your assistance, programs such as these are just not possible. With that mind, we are in desperate need for more helpers. If you can help out, please return the notice or leave your details at the office by **Monday 23rd May**.

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**The teachers at Beaumaris Primary School would like to invite all the parents and families to the first community coffee morning of 2016.**

The idea is to create an opportunity for teachers and parents to catch up near the end of term 2 for a social chat and enjoy a cup of coffee. Coffee can be purchased from the Coffee Cart.

**Date:** Wednesday 8th June  
**Time:** 8:30am – 8:55am  
**Location:** Under the shade cloth  
**We hope to see you there!**

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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.](http://www.education.vic.gov.au/prc)

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)
Parenting is place of great joy, but it’s also a place of great struggle.

We struggle with our role as it’s constantly evolving and changing.

We struggle with external factors such as the changing face of technology and it’s impact on kids’ daily lives.

We struggle with factors we can’t control such as the messages kids get from the media and their peers that we rather they didn’t receive.

But the biggest struggle for most of us happens within the grey matter between our ears. It’s the battle that goes on between our lizard brain (where the fight or flight response occurs) and our pre-frontal cortex (where reasoning and calculation occurs).

The pre-frontal cortex (put your hand on your forehead and you’re there) is a cool, calm and rational place. This article is being written from that space. The lizard brain sits way back in the middle of our brain and is programmed to take over from our pre-frontal cortex when we’re under threat or stress. If I took a phone call about an imminent bomb threat while writing this article my lizard brain would take over and I’d be out of my office in a heartbeat. Writing would become impossible, not to say stupid! Thank goodness for our lizard brain. When I’m safe and feeling calm my pre-frontal cortex can do its rational thing once more. This system has served us well, keeping us safe for an eternity.

Unfortunately our lizard brain, the simple creature that it is, can’t differentiate between a significantly stressful situation such as a bomb threat and an everyday stressor such as a noisy sibling fight that occurs right under our nose. Our limbic system responds in exactly the same way – the lizard brain takes over from our pre-frontal cortex so you’ll either fight (argue, yell, lash out) or flee (get away fast) regardless of the stress. Both situations would elicit the same type of physical response such as an increase in heartbeat, sweaty palms and shortness of breath. Only the severity and intensity of the response is different.

Just when we need to be at our parenting best

So the great struggle for many parents, and also the great irony, is that when we need to be at our parenting best (when we’re responding to poor behaviour or a child’s genuine cries for help) our lizard brain often takes over and we’re at our parenting worst.

That’s why most of us know how we want to respond and communicate with our kids when we’re calm but when we are under intense pressure not only can’t we find the words we need but we lose our cool as well.

The good news is your lizard brain can be tricked into working for you, not against you. It takes patience and practice. Here’s how:

1. Recognise the situations and the symptoms

Self-knowledge is the best knowledge you can have. When you understand the situation that cause you stress and bring you quickly to High emotion then you can prepare yourself in advance for such situations. Also when you understand your typical physiological responses you are well positioned to control your responses. Our physical responses vary: I generally feel nauseous, become physically agitated and my breath gets very high in my chest when I’m under intense stress. Knowing this has been a huge help to me staying calm in situations where I used to over-react.

more on page 2
2. **Train yourself to STOP!**

The lizard brain wants you to act fast – to get away, to lash out, to defend yourself – when you’re under threat or stress. So going against this natural urge is a challenge but it can be done. Develop the habit of doing nothing when you find yourself under parenting stress. STOP rather than act impulsively. Don’t let the lizard-brain win!

3. **Step away and breathe**

Deep nasal breathing is the quickest way to bring down your physical symptoms and rein in negative thoughts (“I’m going to &**%&*! ”) that feed your lizard brain. Step away or turn slightly away from the stressful situation to help you breathe slowly and deeply.

4. **Think of your Best parenting self**

Inspire your pre-frontal cortex to trump your lizard brain by activating an image of your ‘best’ or ‘ideal’ self as a parent. First you need to work out who you are when your parenting best – it may be when you’re patient, caring, loving, calm… (You can learn this powerful process in my Parenting with the Meta-Moment course available in ParentingIdeas Club) Your “Best Parenting Self” is the motivator to help you refrain from making emotional responses that you’ll regret later.

5. **Now act!**

Now that your pre-frontal cortex is winning again it’s time to think of the best possible response to a tricky parenting situation: which may be to ignore behaviour, use appropriate language or just listen calmly when your child is in distress. So how often does your lizard brain win when you experience parenting stress? If it always comes out on top then you’ll find it hard to parent as you’d like. You’ll be fighting your limbic system as well as your kids. Get it under control and you’ll be better placed to respond to your kids as you’d like to in the cool, calm light of day.
LEVEL LOW DOWN
Foundation

This week in Prep we have been focusing on how to be ‘E-Smart’ by discussing who to give our “special” personal information to and how to use the internet safely when interacting with others.

During Investigations our Reporters and Photographers have been surveying, filming and interviewing different students by asking different questions such as ‘Who are the people that you trust?’ ‘Who is someone you can give your personal information to?’ and ‘Why shouldn’t you put your personal information online?’.

The answers from many of the Preps have been fantastic and we cannot wait to showcase all of our knowledge and the videos that we have created during our Open Classroom Afternoon this Friday!

Year One

The highlight of the Year One week was Grandparents and Special Friend's Day. These are a few reflections...

Oscar M: I showed Nanny and Poppy the Fairy tree at the bottom of the school. Fairies live there and you find lots of stars!
Ava: Nonna and Dodge came in. I didn't know she was going to come and it meant a lot to me.
Jovi: Nanny makes me happy and she makes me feel great!
Clementine: I was proud to show my classroom. The best part was showing the Art Room.

We asked our family and friends questions about their favourite games from the past to tie in with our History focus. It was a terrific learning opportunity. Now we're looking forward to more visitors on Friday afternoon!

Year Two

Education Week has been an action packed week for Year 2. Students welcomed their grandparents and special friends into the classrooms on Monday morning. The children took great pride in sharing their recently published picture story books. The Year 2 students participated in cybersafety lessons throughout the week and will demonstrate their learning during the open afternoon on Friday. We also began a series of lessons involving finding locations on maps and giving directions. A visit to the Concourse with maps in hand, helped to make this an authentic learning experience.

Year Three

Students have begun to think about the links they can make between their interests and a learning intention for our ERP (Educational Research Project). Our homework is for students to have a discussion at home and come in on Friday with some ideas about what their ERP might look like. Here are our learning intentions.

• Understand why people celebrate and commemorate historical special events.
• Explore what has changed or remained the same in our local area.
• Explore the diverse cultures of our local community.

For Education Week, we have also been learning about Cyber Safety. Year 3 have been focussing on how we protect our identity online and how we prevent cyber bullying.
**Year Four**

The Year 4 students are enjoying their Maths rotations, the focus being building a foundation for multiplicative thinking and measurement plus the opportunity to work with children and teachers from other Year 4 classes during their maths clinic group sessions. They are finding the activities challenging and fun.

This week the children have commenced writing their History ERP proposals and are beginning to plan and commence their ongoing research for this process, both at home and at school. So start researching!!

We wish all the Year 4 students competing at the District Cross Country Event at Dendy Park on Thursday all the best.

**Year Five**

In Year Five it never stops! Well done to all the students for their efforts in NAPLAN last week. All three days ran smoothly with very big smiles at 10.25 on Wednesday morning.

Thank you to all the Grandparents and Special friends who visited on Monday morning. It was wonderful to see the students proud of Beaumaris Primary School and their achievements in the first half of the year. Also a special thank you to the parents who contributed a plate and organised the morning tea. There was various delicious cakes and slice to choose from. The students sounded beautiful singing ‘Family Tree’ and had the crowd in laughter with their skits and poems.

Congratulations to all students who competed in the District Cross Country. We are sure you would have represented our school in a positive way!

**Year Six**

This week is Education week. On Monday we had assembly welcoming all the grandparents and special friends to our school. It was a great opportunity to show people around the school. We hope that your grandparents and special friends had a great time and enjoyed the spectacular morning tea, the Year Fives and their families organised. This week in Year 6 we have been working on our E.R.P’s focusing on the different learning intentions in Geography.

On Tuesday, the Year 5 and 6 Tomorrows Leaders for sustainability visited Long Hollow Heathland learning about the local Flora and Fauna in Beaumaris. They discovered the indigenous and native plants, trees and weeds that attract birds and bugs to them. The team found it extremely interesting. Thank you to Miss, Cooper, Jo and Angela for coming with us on the excursion.

From the Year 6 media team
FROM OUR PARENT CLUB......

Grandparent’s Morning Tea
Thank you to all the Year 5 parents who helped in making the Grandparents/Special Friends Morning Tea a huge success! A very big thanks also to all the helpful parents who baked and contributed to the Morning Tea to make up the shortfall! There was some lovely feedback from so many of our guests and they seemed to have a lovely time.

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

Flourish: High School Preparation and Resilience Group
Bayside Council are running a transition program for year 6 students preparing for high school next year, there is a separate program for girls and one for boys. Details below.
Hampton live mollusc survey

Join the Port Phillip Baykeeper on an adventure to see which creatures can be found LIVE in the Bay.

Learn how to participate in a survey that analyses the health and population of local gastropods and bivalves living in Port Phillip Bay. What does it all mean anyway?

All creatures will be returned to the Bay after being analysed.

You may enjoy this event for free but your $10 donation would help the Baykeeper continue to protect all the living creatures in our beautiful Port Phillip Bay.

Bookings: [http://www.trybooking.com/LLWY](http://www.trybooking.com/LLWY)

Date: Thurs 30 June 2016

Time: 10.30 – 11.30am

Starting Point: Hampton Beach, near Small Street

A project of the EcoCentre