FROM THE PRINCIPAL AND ASSISTANT PRINCIPAL

Dear Parents and Families

Parent Club Welcome Family Picnic — Fun and Friendship

Come along on Friday evening between 6 and 8.30pm and enjoy the fun and friendship that make Beaumaris Primary such a wonderful place for our students, your children. Bring your picnic rug and basket of goodies and mingle with our families. School Council has determined that the event is alcohol free. The Beaumaris PS Alcohol at School Events Policy: June 2015 can be found on the school website. The evening enables parents and students to spend time with old friends and maybe make some new friends as well! See the enclosed flyer for more information. Thank you to Parent Club for organising the event. It is events like this that create lasting memories of primary school for our students and their families.

Parent Information Evenings

Last week, this week and again next week, each year level teacher team has invited parents to an information evening to hear about the curriculum and other classroom organisational matters related to their child during the year ahead. We thank parents for their attendance and we hope the sessions are helpful. As in previous years, parents are again encouraged to organise a time to meet with the class teacher this term to share any information that will assist the teacher when working with your child each day.

Shingles

We have a confirmed diagnosis of shingles at our school. Please follow the link for more information about symptoms and treatment. https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/shingles

Glee Club Performance at A Day on Oak Street.

Congratulations to all students in the Glee Club for their great public performance at the huge community event last Sunday. Thank you to Mrs Rothberg for organising this opportunity for our students and for the time she spends preparing the students for their performances. They sang beautifully!

Student Leaders Investiture Monday February 22nd 9.00am

Parents, families and friends are invited to attend the investiture of our student leaders for 2016. The ceremony will take place in the Susan Arnts Learning Centre.

School Council Elections 2016 — Parent Member Vacancies

We have two parent member vacancies on School Council, with a two year term of office. No special experience is required, just an interest in the school and a desire to work in partnership with others to help shape our school’s future. Interested parents can collect a nomination form at the front office and return it to the office by 4pm today, Thursday 18th February, 2016. If there are more nominations received than there are vacancies on council, a ballot will be conducted during the two weeks after the call for nominations has closed. Please contact the school if you require further information.

Sheryl M. Skewes
Principal

Louise Neave
Assistant Principal
Year 5 and 6 JAPANESE HOST FAMILIES WANTED

A letter with information seeking support to host our Minato-ku Japanese students, who will be visiting Beaumaris Primary School in the 2nd week of Term Three 2016, will be sent home to our year 5 and 6 families this week. This is always a highlight of our Japanese program and a memorable experience for host families and Minato-ku visitors. If you are able to host two students at this time please complete the Expression of Interest form and return to the school office. If you would like extra information about the program please email Gall Sensei - beaumaris.ps@edumail.vic.gov.au

THE SNACK SHACK UPDATE

Welcome back to school, everyone. I am so very pleased to see your smiling faces again and to meet our new students and their families. A huge THANK YOU to all our older students who are being particularly careful when lining up at The Snack Shack, making sure that our newer and younger students are well looked after. You are all doing a wonderful job remembering how you felt when you were so young and new to the school. We have Sushi Special Lunch Day tomorrow so there will be no other lunch ordering available but The Snack Shack will still be open for recess and lunch time snack sales. A quick reminder to all families using the bags to order lunches - please do not staple or sticky tape the bags. Please note that our suppliers have run out of our usual icy poles and I am trying to source some from another shop. Thank you everyone, Ellie Hilton.

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<td>PM</td>
<td>Chantelle Sinclair</td>
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<td>Jodie Stewart</td>
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<td>Sarah Carr</td>
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Class Representatives

Thank you to the parents who have kindly agreed to take on the role of Class Rep for 2016. We only have one class left to fill—5H. Class contact lists will be circulated soon by each rep from the details provided by families with in the class.

SANDRINGHAM COLLEGE

Open Night

For students commencing Years 7-12 in 2017 and beyond

Wednesday 27th April 2016 - 7pm

356 Bluff Road, Sandringham

Book a daytime tour to see our classes in action.

PHONE: (03) 9599 5600 WEB: www.sandringhamsc.vic.edu.au

SEAL Program

Entrance Exam – Thursday, 14th April
SEAL Application form available on website
BPS Parent Club invite you to our Family Welcome Picnic
Friday 19th February
from 6pm on the Ross Bailey Oval.
BYO food, drinks*, blanket/chairs. Grab some dinner and come and relax while the kids play.
Mr Whippy will be arriving from 6.30pm to purchase yummy ice creams, & drinks with 20% of the sales going to our school fundraising.
We hope you can make it along to have fun with old and new friends!

*Beaumaris PS Alcohol at School Events Policy
All school events where children are present and/or which involve children participation shall be alcohol free whether during school hours or after school hours and whether off or on school premises.
**LEVEL LOW DOWN**

**Year Prep**

In Prep have had another busy and exciting week. We have been reading each day and enthusiastically counting the number of days we have been at school.

On Tuesday it was very exciting, as it was our tenth day at school! We were able to make a bundle of 10 icy pole sticks, we filled our first ‘tens frame’ and we even made a tower of 10 unifix blocks. We then looked at numbers that go together to make 10. We were amazed that there were so many different ways. Can you believe there are so many different ways?

(8 and 2, 4 and 6, 7 and 3, 9 and 1, 2 and 8, 6 and 4, 7 and 3)

We were also very excited to have our Year 6 buddies back from camp and we are looking forward to having a Teddy Bears picnic with them next Tuesday 23rd of February.

**Year One**

So far this year our classrooms have been a hive of activity. During Investigations, we are excitedly making new friends, solving problems and further developing our fine motor skills. J.J Abrams would be impressed with the Star Wars props designed at the construction table! A booming cupcake business is underway in 1W’s dramatic play area and all year 1 students have been invited to trial the amazing cupcakes. We have begun drafting our letters and publishing our good pieces. Be prepared to be amazed with how well we can address envelopes, use our capital letters and ask questions! PS: keep an eye on the letter box. This week in Numeracy we started learning about number lines. We have used chalk, number cards, whiteboards and drawn our own number lines in our books. We learnt that number lines are actually all around us! Measuring tapes, rulers and everywhere in our classrooms. Where have you seen a number line?
Year Two

The Year 2 students have continued to approach their classroom learning with an eager and enthusiastic attitude. There is a buzz around the learning space as we extend our knowledge of place value (hundreds, tens and ones), learn more about acronyms and use the CAFÉ strategy of predicting when reading. Please remember that students change their take home books each week and will need to bring along their book pouch and journal for changeover. Thank you to the parents who attended the Year 2 parent information session and heard all about the learning and teaching in Year 2. We hope to see many of our school families at the Family welcome night picnic tomorrow!

Year Three

We are holding our annual Year 3 Parent Information Night tonight! Please come to the Year 3 classrooms at 6:30pm to hear about the exciting programs we are running in 2016. We have also started our subject focus of Geography. Below are the learning intentions we are focusing on during the immersion process.

- Represent the location of places and their characteristics on labeled maps
- Identify and describe characteristics, similarities and differences of different places
- Identify states, territories, capital cities and significant landmarks
- Identify interconnections between people and places in our local community
- Explore possible solutions to geographical challenges

Year Four

Yesterday 4M & 4F travelled into the city to visit the “Meet the Joneses” exhibition and learn about the many ways we can be sustainable in our homes and our gardens. We saw a fully electric BMW which is battery charged, we learned about the benefits of worm farms and compost bins to reduce our food waste going to landfill and we also toured the house which had all its electricity supplied by solar panels and coordinated through one iPad. The light bulbs even had speakers in them so there was no need for a separate sound system, which we found pretty amazing!! Everything in the house, including the pet dog Leopold, was second hand, recycled and sustainable. We also learned a lot visiting Sandridge Bridge and reading all about immigration in Australia then we had lots of fun at the playground behind Artplay near Birrarung Mar. To be extra sustainable we had nude food lunches, then made our way home via the Sandringham train and local buses. A great day was had by all!
Year Six

Last week, the year 6 students went on camp to Merricks Lodge near Pt Leo. They really enjoyed the range of activities like snorkelling, surfing, canoeing, the Merrick’s Adventure race and many more. Some students have learnt new skills and gained hobbies. We interviewed some students and asked them about what they enjoyed about camp. Bianca in 6P said her highlights on camp were surfing and the food, Jenna in 6C enjoyed surfing, snorkelling and bushwalks, Nico in 6J enjoyed surfing and free time, and Harry in 6C enjoyed snorkelling at Rye Pier. We loved coming back to the smiling faces of our prep buddies.
From the Year 6 Media Team.
FROM OUR PARENT CLUB……

Many thanks for coming along to our meeting this week - please find a list of Class Reps for 2016.

We are looking forward to seeing many families at the Family Picnic on Friday night and remember - if you can’t come along, you are welcome to swing past and grab an ice cream with 20% of the sales being donated back to the school!

The next Parent Club meeting will be on Tuesday 8th March at 9.05am in the Staff Room.

SCHOLASTIC BOOK CLUB

Scholastic Book Club brochures were sent home last week with students. These are distributed twice per term. There is a wide range of books on offer and generally our school receives 20% of sales to use towards new books for the library and classroom resources.

Order and pay online at www.scholastic.com.au/LOOP.

Please submit your order for issue 1 by Monday 22 February. Books will be distributed direct to students.

If you have any questions regarding the Book Club orders, please feel free to contact our Scholastic Book Club Coordinator, Ness Newell: lochnessmonst71@hotmail.com or 0424 329 008

SAVE THE DATE

Saturday August 20th is the confirmed date for our big social evening of the year. It will take place at Sandy on the Bay; pop the date in your diary—more details to follow.

EASTER RAFFLE

HOW THE RAFFLE WORKS?

Each family is asked to donate Easter eggs of various sizes and types which we then use to make up many prizes for the raffle. Last year we had over 100 prizes for the raffle because of the generous donations from our families. Any donations of baskets or other Easter gifts for the prizes would also be appreciated. All donations need to be at school by 23 March, 2016.

Junior School Council members will collect the eggs from classrooms each day.

10 tickets @ $1.00 each are on the reverse of this the notice being sent home next week for each child to sell, extra tickets available from the office.

Tickets and money must be returned by Thursday 24th March, 2016.

The raffle will be drawn at our Easter Assembly. Everyone is welcome to join us at the special assembly featuring our annual Prep Easter Bonnet Parade.

We thank you for your support and hope that you are one of the many lucky prize winners!
This year looks to be an exciting one in the Beaumaris Primary School Garden! The ‘Kitchen Garden’ and ‘Garden Club’ are parents and friends of the school who help maintain and improve the garden environment. This year, Wendy Savage will be continuing the great work with the Year 4s in the Kitchen Garden with autumn fruit & veggie planting in the planning stage. If you’re interested in assisting with the Kitchen Garden at all please contact Wendy (wendyvsavage@hotmail.co.uk).

The Garden Club first planting session will be Friday 4th March 9am-approximately recess time (or as long as you are able). Please meet under the shade sail. Come and join us if you’d like to talk about the garden, help with some planting or talk about future projects in the works for this year.

In early March we are also planning a ‘facelift’ to the Sandpit play area so if you are able to offer some time, or offer skills (in particular making planter boxes/small retaining walls) then please do get in touch!

We are always grateful of donations of plants, brooms, brushes (kitchen garden), potting mix, compost, garden pots, canes etc so please keep us in mind.

bpsgardenclub@gmail.com

DON’T FORGET TO BUY YOUR BULBS TO HELP FUNDRAISE FOR THE GARDEN CLUB! You will have received a Gardening Express Flyer last week that can be returned to the office. Payments with CASH or CHEQUE or CREDIT CARD can be done AT THE OFFICE (n.b. Not Qkr). THEY MAKE GREAT PRESENTS FOR THE GARDENER!

First Session: Friday March 4th, 2016 9am-10.30am approx
Meet under the shade cloth
Please join our email list: bpsgardenclub@gmail.com
Introducing 

**SCHOLASTIC**

**Book Clubs LOOP**

**for Parents**

**LOOP** is the **NEW** Scholastic Book Clubs **Linked Online Ordering & Payment** platform for Parents.

If you want to pay by credit card for your online Book Club order, our new platform makes it easy! It eliminates the need for paper order forms plus your online order is submitted to the school safe and sound.

Log-in to [www.scholastic.com.au/LOOP](http://www.scholastic.com.au/LOOP) or download our **NEW** iPhone and iPad app from the App Store!

- For a quick start, just click on ORDER in the top menu or REGISTER first to save your details for next time
- Select your school and your child’s class
- Add your child’s first name and last initial (so the school knows who the book is for)
- Enter the item number from the Book Club brochure
- You can order for multiple children at once if they attend the same school
- All orders are linked directly to the school for submission to Scholastic. Books will still be delivered to your child’s classroom if you order by the close date
- There’s no need to return paper order forms or payment receipt details to your school!

9 February 2016

Nazareth Parish
Stella Maris Church/Primary School
Oak Street, Beaumaris

Welcome to Stella Maris Catechist classes for 2016.

Requirements and relevant information for commencement of Religious Education classes at Stella Maris are as follows:

- A copy of Baptism Certificate received when child was baptised. (Needs to be given to Catechist teacher)
- Children are to attend all classes from March through to August when they receive Sacraments. (Parents are advised to inform appropriate teacher when children are unable to attend)
- Classes are held on Wednesdays 4pm – 5pm at Stella Maris Primary School, Oak Street, Beaumaris.
- Children along with their families are required to attend at least one mass at Stella Maris Church, (date to be announced) to pledge their commitment in participating in the Religious Education program being offered.

Fees $45 (Entire Course cost)

Please contact the following teachers for relevant Sacraments:
Reconciliation & Eucharist: Tania Sams – 0403 725 084
Confirmation: Bernadette Tucker – 0419 240 013

We trust that your child will enjoy their experience of learning and developing more as a faith based person of the Catholic Tradition.

Important Dates:

2nd March 2016 Commencement Date for Classes
Ash Wednesday 10th Feb - Holy Thursday 24th March – 25th March Good Friday – 27th March
Easter Sunday
Catechist classes resume: 13th April
27th August - Sacrament of Reconciliation 10 am service
28th August – Sacrament of Eucharist 10.30am Mass
8th June – Sacrament of Confirmation 6pm service with Archbishop Peter Elliot

Name..........................................................................................................................................................

Address..........................................................................................................................................................

Telephone.......................................................................................................................................................  

Age...............................Grade/Level..................................................................................................................

If your child is in the care of another adult/family member, Parents are to please advise Catechist teacher on the notice below. Provide details:
Name..........................................................................................................................................................
Telephone.....................................................................................................................................................
Parenting Ideas Insights

Building parent-school partnerships

WORDS Michael Grose

What to say when kids become anxious

7 practical things to say to kids to help them when they feel anxious.

Anxiety has a way of making everyone feel helpless - those experiencing anxiety and those trying to help. It’s hard to know what to say when a child becomes overwhelmed with anxiety, but it’s most important to be a strong, steadying influence. You may not be able to take their anxiety away, but your emotional support and your calmness makes a difference.

Children take their cues from their parents so your trust that they can cope when they become overly anxious will send a powerful message that they’ll come out the other side safely. The language you use will convey your trust and also offer your child the comfort they need to feel safe as well as the courage to find their own solutions to their anxiety.

When you see anxiety take hold, here are some things that you can say that will help your child cope:

“You’re okay. I’m here and I won’t be going anywhere.”

Such statements indicate warmth, safety and comfort. Your child may not believe you straight away but that’s okay, your presence will get the message across.

“You don’t have to do anything right now. Just breathe.”

A big part of the stress of anxiety comes when children don’t know what to do. They don’t have to fight the feeling of anxiousness, but let it pass. The less children fight anxiousness, the more likely it is that the feeling will go.

“Let’s go for a walk and see if we can take some big breaths.”

Physical activity is the best antidote to an anxiety attack and it helps burn up the adrenaline that prepares a child’s body to fight or take flight. Try to help them take some strong breaths while they walk, which will be easier if they’ve practised when they aren’t anxious. Practise by breathing in to the count of three, holding for one, breathing out for three and holding for one.

“Take some big, deep breaths. I’ll do it with you.”

Anxiety comes from the fight or flight response when the brain perceives a threat. It doesn’t matter whether the threat is real or not, the brain thinks and acts as if it’s true, leading to tautness, hyperventilation and confused thinking. Breathing triggers the relaxation response which, like the fight or flight response, is hardwired in all of us.

When children are calm, explore different approaches to empower them to better manage their anxiousness. You might say:

“I’d like to understand what your worry feels like for you. Can you teach me?”

The ability to accurately identify a feeling when it occurs is at the heart of emotional intelligence so encourage your child to verbalise what their anxiety feels like. Greater self-awareness increases their ability to manage their feelings.

“What would you say to a friend who was going through what you are going through?”

Invite your child to take a more objective look at their own anxiety to help them gain a different perspective and level of understanding. This approach also gives parents a greater insight into what a child is going through.

“You’re brain is amazing. Every time you breathe through your anxious feelings you’re teaching your brain how to manage your anxiousness.”

Brains have an amazing capacity to adapt and learn new ways of coping. By helping your child understand that he is, in effect, training his brain to better respond to anxiousness you empower your child to positively manage their feelings.

Help children manage their difficult emotions, including anxiety, by validating their feelings and encouraging them to experiment with different ways of coping. Encourage kids to come up with their own solutions when anxiousness threatens to overcome them. Kids are usually adept at solving their own problems when they have loving, supporting and positive adults in their lives.
ROLL UP! ROLL UP!

SATURDAY 5th MARCH 2016
@ Beaumaris North PS • Wood St, Beaumaris

THE 2016
BNPS
FETE

LET US ENTERTAIN YOU!

9am till 5pm

www.beaumarisnorthprimaryfete.org

CIRCUS PARADE • RIDES! RIDES! RIDES! • FOOD & DRINK
LIVE ENTERTAINMENT • ROVING PERFORMERS • FACE PAINTING
SIDESHOW ALLEY • BOOKS • STALLS! STALLS! STALLS!
TRASH & TREASURE • COMPETITIONS
SILENT AUCTION • & MUCH MORE!

Proudly supporting “The Arts” at BNPS
DO YOU WANT
UNLIMITED RIDES!
AT THE 2016 BNPS FETE?

EARLYBIRD WRISTBANDS
NOW ON SALE!

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$35 Child/Adult
$40 on the day

$20 Junior
$25 on the day

Please print and present your ticket at the Fete entry gate to receive your wristband. Wristbands are non-refundable & non-transferable.

Purchase via our Fete website @
www.beaumarisnorthprimaryfete.org

The 2016 Fete is proudly supporting ‘The Arts’ at Beaumaris North Primary School