



CHELTENHAM EAST PRIMARY SCHOOL

Website: <http://www.cheltenhameast.vic.edu.au>

Email: cheltenham.east.ps@edumail.vic.gov.au

Silver Street
Cheltenham 3192

Principal: Mr Wayne Bach
Assistant Principal: Mrs Leisel Ward

Phone: 03 9583 5746

Weekly Newsletter No. 3

Friday February 14, 2020

SCHOOL CONTACT INFORMATION FOR STUDENT ABSENCES:

Sentral parent portal: <http://sentral.cheltenhameast.vic.edu.au/portal>

Flexibuzz App, Answering machine - 9584 7240; email cheltenham.east.ps@edumail.vic.gov.au

Please contact us each day your child is absent giving child's name, grade, reason & date of absence

For your Diary

Friday	14 th	February	- CHATS (Classroom Help And Teacher Support) 9.00 am Library today
Mon	17 th	February	- Year 5 & 6 beach swimming this week
Wed	19 th	February	- School Council meeting 7.30 pm Staffroom
Mon	24 th	February	- Year 4-6 House Swimming Carnival at Bayside Aquatics
Tues	25 th	February	- School Photo day
Wed	26 th	February	- Special Lunch Day – Hot Diggety Dog or Sushi
Friday	28 th	February	- Picnic
Thurs	5 th	March	- Italian Day – whole school activity
Mon	9 th	March	- LABOUR DAY PUBLIC HOLIDAY
Friday	13 th	March	- Ride to school day
Wed	18 th	March	- School Council AGM and meeting – 7.00 pm Staffroom
Friday	20 th	March	- Bullying No Way Day
Wed	25 th	Fri 27 Mar	- Grade 4 Camp to Lady Northcote, Rowsley
Friday	27 th	Mar	- 2.30 pm dismissal for end of Term 1
Tues	14 th	Apr	- Term 2 begins at 9.00 am
Mon	20 th	Fri 25 Apr	- Grade 6 Camp to Billabong Ranch

CHATS
MEETING
FRI 14TH
9.00 AM
LIBRARY

FROM THE PRINCIPAL

Our School Vision

"Cheltenham East students are empowered learners who are flexible thinkers with the skills and knowledge to respond critically and creatively to their world."

School Council Elections

All government schools in Victoria have a School Council. School Councils are legally formed bodies that help to set the key directions of the school within centrally provided guidelines. Parents on School Council provide important viewpoints and have valuable skills that can help shape the direction of the school.

Nominations are now being called for the parent and DE&T employee member categories of School Council. If you decide to stand for election, you can

nominate yourself or have someone nominate you. Forms are available from the Front Office. Once completed, these need to be returned to the Office by 4:00 pm on Friday, March 1st. We have three elected parent category members up for re-election, as well as one elected DE&T employee category member. If there are more nominations received than there are vacancies on Council, a ballot will be conducted in the two weeks after the call of nominations has closed. Being a member of School Council can be very rewarding. We currently meet on the third Wednesday of the month at 7:30 pm. You don't need any previous experience.

Curriculum Information Evening

The Curriculum Information evening was well attended by interested parents in the school library on Wednesday evening. Our teaching staff presented an overview of each of the following areas to inform parents about what their children are learning at school:

COURTESY RESPECT CO-OPERATION RESPONSIBILITY

- **English**
- **Maths and Information Technology**
- **Wellbeing & Humanities**

This was a great opportunity for parents to find out about curriculum being taught in the school and ask questions about what their children are learning. Thank you to our wonderful staff who spent a lot of time preparing and working on the presentations for parents.

School Picnic

Our annual School Picnic will be held on Friday 28th February starting at 5.00pm and finishing at 8pm on the school oval. I, along with many staff members look forward to spending some 'downtime' with you and your family at our annual School Picnic. Details for this are in this newsletter. Please make yourself known to me and say a 'hello'. It is a great chance to meet many other people in our enthusiastic community. BYO Food, drink, picnic rug and chairs.



No Dogs in School Yard

There is a school policy that we do not have dogs in the school yard during school times. Please tie them to the fence while you collect your children. There are some children who are terrified of dogs and feel extreme anxiety when coming in contact with them. There is also a chance a dog will bite a child which we want to avoid. Thank you for your co-operation.

Child Safe Standards

Ensuring the safety and wellbeing of all children and young people is our highest priority. We know that schools are safe places for children and that principals and teachers work hard to protect all students from abuse and neglect. The *Child Safe Standards* (Standards) are the result of recommendations from the final report of the Victorian Parliament's *Betrayal of Trust* inquiry. All schools have been mandated to self-assess against the Ministerial order 870, which is all about child safe standards. Our school has completed the process which entails having:

- A policy with a commitment to child safety.
- A code of conduct document that establishes clear expectations for appropriate behaviour with children.
- Processes for responding to and reporting suspected child abuse.
- Strategies to deal with and remove risks of child abuse.

- Strategies to promote the participation and empowerment of children.

These are all standards to ensure that the children are protected from abuse and neglect.

Reporting Child Abuse

When to make a report:

Child protection receive reports about children when there are concerns the child is in need of protection. A child in need of protection is a child who has suffered or is likely to suffer significant harm as a result of abuse or neglect, and their parent has not protected or is unlikely to protect the child from harm of that type.

To make a report to child protection a person needs to have formed a reasonable belief that a child has suffered or is likely to suffer significant harm as a result of abuse or neglect, and that their parent has not protected or is unlikely to protect the child from harm of that type. A reasonable belief does not require proof.

Information provided to child protection when a report is made needs to be sufficiently detailed for child protection to identify the child at risk of harm.

Where concerns relate to an alleged perpetrator of abuse, who may pose a risk more generally to all children, the concerns should be reported to Police.

For immediate help

- To report concerns that are life threatening, ring Victoria Police: **000**
- To report concerns about the immediate safety of a child after hours, call the After Hours Child Protection Emergency Service: **13 12 78**.

Contact Child Protection:

In Victoria, reports to child protection must be made to a protective intervener, or other appropriately delegated officer. Reports cannot be made via the department's website or email, as staff who monitor the department's website are not delegated officers. Almost all reports are made to child protection by phone.

To make a report, you should contact the child protection intake service covering the local government area (LGA) where the child normally resides.

The telephone number to make a report during business hours (8.45am -5.00pm), Monday to Friday:

1300 655 795 – Southern Department of Human Services Child Protection.

Beach Swimming

Beach swimming will start for the Years 5 and 6 children next week where they will learn all about safety and survival around the water. This program will get them thinking about water conditions; what is safe behaviour around open water and how they can help others in trouble.

Cut down on Litter

We actively encourage our students to avoid bringing packets and plastic wrappers to school. It cuts down on litter and is much better for the environment. A **named** container is perfect.



Stranger Danger

As we have just started a new school year it is important to ensure our children are safe at all times. Please talk to your children about safe travelling to and from school and moving around the neighbourhood particularly in regards to strangers. Get them to walk, scoot, ride or play with other children if possible and ensure that under no circumstances are they to approach or talk to people they don't know. It is a simple message but an important one parents and schools can educate our children about.

Minor Works

There will be some minor works carried out in the Year 1/2 classroom area where part of the doorways will be filled in to minimise noise in this area. This will happen next week at some stage.

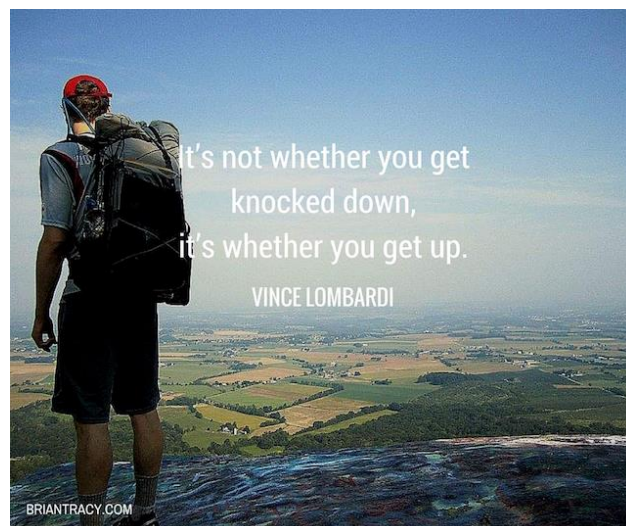
A new company will finish off the oval works with more mulch and a new pathway down to the oval. The fencing will also be removed.

ITALIAN DAY

Keep a look out for the flyer early next week about our upcoming Italian Day on Thursday March 5. There is a tear-off slip to complete and return as soon as you can.

Signora Mondy is planning a great day for all of us.

Thought for the Day



WAYNE BACH
PRINCIPAL

CHATS – Classroom Help And Teacher Support

Friday Feb 14 from 9–10 am

Come along to the Library at 9.00 am today Friday to hear about ways you can help in the classroom. You can be a 'Grade Rep'; you can listen to the children read and more. All welcome

(all volunteers require a current Working With Children Check – refer <http://www.workingwithchildren.vic.gov.au/>)

CEPS KIDS ARE FRIENDLY KIDS

Awards for displaying Courtesy



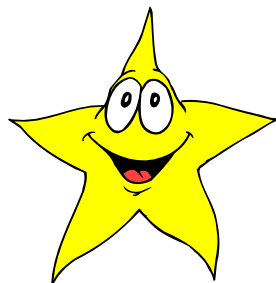
MATHLETICS

What a great start to the year with the grade 5s taking the Mathletics trophy and congratulations to Saffronrose for earning her Gold Certificate, what a great effort! A reminder to anyone having issues logging into Mathletics to check with your teacher to check that your login details are correct. Keep up the great work everyone.”

COURTESY RESPECT CO-OPERATION RESPONSIBILITY



CEPS KIDS ARE FRIENDLY KIDS



This term we are working on **COURTESY** and next week we are looking at
Playing together

Playing together does not just mean playing happily with our friends, although that is important. Playing together means sharing our space and our games sensibly so everyone can enjoy their playtime. It means thinking about other people and their games and making sure we are playing sensibly so everyone can enjoy themselves. In past years it has been amazing to see two football matches and a soccer game playing together practically in the same space on the oval. This shows real co-operation, (and imagination!).

Some Do's and Don'ts

- ❖ Do play in sensible places. For example, ball games should be played on the oval.
- ❖ Do look to see if other children are involved in a game or an area before you set up your game.
- ❖ Do play safe games, particularly in small spaces.
- ❖ Don't run through other children's games.
- ❖ Don't interfere with other children's games.
- ❖ Don't take over other children's areas.
- ❖ Don't play in areas where your ball is likely to end up over the fence or on the roof.

COURTESY RESPECT CO-OPERATION RESPONSIBILITY

Dear Parents,

The Grade Ones are on the hunt for any preloved Duplo or construction toys!

If you have any Duplo or building construction toys that are in a good condition and you are no longer using them we would love to have them donated to us.

Many thanks,

The Grade One Team



SCHOOL PHOTO DAY IS ON TUESDAY 25TH FEBRUARY

Please order online or complete details and return to school
(spare envelopes at the office)

Sibling photo envelopes at the office (if you order sibling photos online,
please still return the sibling envelope to school).

		PO Box 332 East Bentleigh VIC 3165 • 03 9570 9311 • www.eliteschoolphotography.com.au	
PACKAGE OPTIONS	DELUXE PACK \$25.00 <input type="checkbox"/>	+ + +	One 20 x 25 cm Two 13 x 18 cm Four 55 x 90 mm Ten 38 x 58 mm includes a black and white and a sepia photograph
	STANDARD PACK \$22.00 <input type="checkbox"/>	+ + +	One 20 x 25 cm One 13 x 18 cm Four 58 x 92 mm Two 33 x 28 mm
	BASIC PACK \$16.00 <input type="checkbox"/>		One 20 x 25 cm
SIMPLE, SMART & SENSIBLY PRICED			
If this envelope contains payment for other students, please list: below			
Name _____		Class _____	
Name _____		Class _____	
		Student Name _____	
		Class _____	
		School _____	
DO NOT PLACE THIS ENVELOPE INSIDE ANOTHER ENVELOPE			
YOUR LOGIN CODE IS ESP202515		I have ordered online <input type="checkbox"/>	
DETAILS ON HOW TO ORDER ONLINE ON BACK OF ENVELOPE			
Family Discount - If you have more than 2 children attending this School, you only pay for 2 packs, third and subsequent children are free of charge (applies to Deluxe & Standard packs only).			
If paying by cash TOTAL ENCLOSED		\$ <input type="text"/>	
		NO CHANGE GIVEN	

COURTESY RESPECT CO-OPERATION RESPONSIBILITY

EASY STEPS TO ORDER ONLINE USING CREDIT CARD

1. Log onto www.eliteschoolphotography.com.au
2. Click **ORDER NOW**.
3. Log in using the online code **ESP202515**.
4. Choose the package that best suits your needs.
5. Please ensure your child's name is spelt correctly on the envelope and that the class is correct.

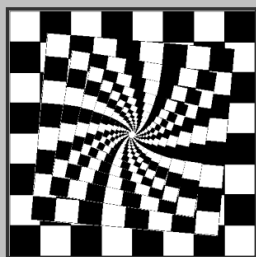
HOW TO ORDER - PAYING BY CASH OR CHEQUE

1. Choose the package that best suits your needs.
2. Place Cash or Cheque in envelope.
3. **Include correct money as change cannot be given on photo day.**
4. A separate envelope must be used for each student.

SIBLING PHOTOGRAPHS

1. Collect sibling envelopes from the office and once completed hand back to office PRIOR to photo day.
2. Ensure your eldest child knows to have a sibling photo taken.

Chess Ideas



Child Safe Organisation

In accordance with the
Child Safety and Wellbeing
act of Victoria.

Ph: 9532 8370

Fax: 9532 8360

**P.O. Box 3158
Ripponlea 3185**

admin@chessideas.com.au

- Established in 1994
- Teaching in over 100 schools in Melbourne and Ballarat.



Follow us on
Facebook
Chess Ideas Australia

Cheltenham East Chess Club,

Term 1, 2020

Term 1 commences 14/2 – 20/3



Dates: 14/2 – 20/3: 6 Weeks

Time: Friday Lunchtime 12.50 – 1.50

Cost: \$15.00 X 6 sessions \$90.00 for the term

PLEASE NOTE: If chess lessons coincide with swimming or school camp, please deduct the cost of these lessons from the total amount.

Otherwise, students will not receive a refund for classes missed but students commencing *after* the first week *do not pay* for the earlier lessons.

PUPILS MUST BE REGISTERED AND PAID FOR BY WEEK 2, February 21, OR WILL NOT BE ALLOWED TO ATTEND THE CHESS CLASS

Cheques should be made payable to “*Chess Ideas (Australia) Pty. Ltd.*” or we accept payment by **MasterCard**, and **Visa** either by phone, 9532-8370, fax, 9532-8360, email admin@chessideas.com.au or post. (Please complete the form below and return with payment). **PAYMENTS CAN NOW BE DONE ONLINE AT: WWW.CHESSIDEAS.COM.AU**

If your child has a *medical condition* we should know about please ring our office with details.

Go to www.chessideas.com.au for our home page, to see upcoming tournaments and events.

CHESS REGISTRATION TERM 1, 2020 (Cheltenham East Primary School)

NAME OF CHILD: _____ GRADE: _____

CONTACT PARENT/GUARDIAN: _____ Ph. #: _____

SIGNATURE OF PARENT/GUARDIAN: _____ Credit Card Details:

NAME ON CARD: _____ CARD TYPE: _____

CARD NUMBER: _____ EXPIRY DATE: _____

EMAIL ADDRESS: _____

Please enclose **\$90.00** and send to:- ‘*Chess Ideas (Australia) Pty. Ltd.*’ **PO Box 3158, Ripponlea Vic 3185**, or phone 9532 - 8370 or fax 9532 - 8360 with credit card details between the hours of 9:30 a.m. and 2:30 p.m.

**PUPILS MUST BE REGISTERED AND PAID FOR BY WEEK 2 OR
WILL NOT BE ALLOWED TO ATTEND THE CHESS CLASS**

COURTESY RESPECT CO-OPERATION RESPONSIBILITY

HOT DIGGITY DOG DAY!



TERM 1 HAS STARTED, LETS CELEBRATE!

ON WEDNESDAY THE 26TH FEBRUARY WE WILL
BE PROVIDING A CHOICE OF THE FOLLOWING
FOR YOUR LUNCH:

Option one at \$4

- Hot Diggity Dog!

Option two at \$6.20 - 2 sushi rolls of either;

- Chicken Teriyaki
- Tuna
- Avocado and Cucumber

Orders to be in by **FRIDAY 21st at 4pm**, easily done
through QKR!

**Any other dietary requirements or enquiries please email Jodie Marsh –
jodienmarsh@gmail.com*

Dear Music Lovers – from Irina Kouli, our Piano teacher



There are piano lessons happening at school for students during school hours. For new enrolments or more information, please contact Irina Kouli on 0410 469 701.

Foundation level children may like to commence from Term 2 to allow them to settle a bit at school, but otherwise there is no better age than starting early.

To my dear students who I am teaching already, I wanted you to read a few thoughts about home practising. Regular practice is a path towards self-discipline that is a great skill for success in life and goes not just for music. It is not exactly our second nature and here we need help from the family to create positive and fun ways to practice.

We had a great concert at the end of last year – we all enjoyed the night and the feeling of connection with music and performance. So let's practice more and have a goal to have another great performance or maybe music examinations this year.

I am realistic and understand we are all human and some days it is okay to feel too tired or busy to go to the piano, however doing little but often is better than just leaving practice until the night before a lesson.

Playing through your old pieces is not the same as practising – it's all about quality not quantity. For the beginner, 10 minutes can be enough, but for those more experienced, stay at the piano for as long as you can concentrate. You need to set a goal for each practice session then you will see your progress more effectively. Also you can break your goal into smaller sections and focus on those steps. At the end you will feel a great sense of accomplishment.

Don't forget you need a warm-up and it can be playing your scales or revision of notes. It is good to change your activities. After practice, reward yourself with cooling down; you can play something old that you enjoy playing, or make your own music and try to write it down.

After practice, treat yourself – have your favourite snack or any other reward you like. Be creative and clever, identify and overcome any problem and music will be a great success in your life.

Looking forward to hearing you all play during your lessons.

Irina



mentone girls'
secondary college

*The only government girls'
secondary school
in the south-eastern suburbs*



Where every girl from everywhere experiences success

Open Night

Tuesday 28 April at 7pm

Enhancement Program

Greater challenges in Years 7 to 9

2021 Year 7 applications close
Monday 11 May | Testing Saturday 16 May

EduTest registration link & more information mgsc.vic.edu.au/enhancement-program/



Term 1
Wednesday 19 Feb
Thursday 5 Mar
Tuesday 24 Mar

*Check dates on website
Bookings recommended*

Term 2
Wednesday 15 Apr
Thursday 23 Apr
Tuesday 5 May
Thursday 7 May
Tuesday 26 May
Wednesday 24 Jun

Term 3
Tuesday 14 Jul
Wednesday 5 Aug
Friday 28 Aug
Thursday 10 Sep

Term 4
Wednesday 7 Oct
Tuesday 27 Oct
Tuesday 24 Nov
Thursday 3 Dec

Corner Balcombe & Charman Roads, Mentone 3194

| 9581 5200 | mentone.girls.sc@edumail.vic.gov.au | www.mgsc.vic.edu.au

COURTESY RESPECT CO-OPERATION RESPONSIBILITY



Gymnastics & Trampoline Classes for All

Gymnastics Australia qualified coaches, large gymnasium with Olympic trampolines and foam Pit

- Boys & Girls Gymnastics
- Trampoline & Tumbling
- Recreational and Competitive
- Junior Gymnastics (18mths-5yrs)
- Adult Gym and Trampoline Classes
- Parties and Holiday Programs
- School and Inclusion Programs
- Venue Hire

Visit www.cyc.net.au or call 95909300 for further information and bookings

126 Woodlands Drive Braeside





Parenting Anxious and Sensitive Children

A workshop supporting you to effectively support your child

Do you have a child who worries about the simplest of things? Do they get upset easily? Do they seem to have empathy beyond their young years? Are they constantly asking questions, exposing their exquisite attention to detail? Perhaps they want all the tags cut off from their t-shirts. Or to sit quietly in the corner rather than engage with the group. Chances are you have a sensitive little soul on your hands. And you are not alone.

Parenting an anxious or sensitive child is an immense responsibility. The **Parenting Anxious and Sensitive Children** workshop aims to increase your capacity to support your child affected by anxiety, worry or stress. Over three weekly sessions, you will be guided through this solutions-based program and supported to address individual concerns effectively.

Topics include:

- Anxiety versus worry
- Sensory sensitivity and its relationship with anxiety
- Signs and symptoms of anxiety and vulnerable mental health
- Coping skills and building resilience

- Strategies to make everyday situations more calm and less emotional for everyone involved.
- The role of communication, compassion and 'sensitive parenting skills'
- Helping children to move from Comfort Zone to Courage Zone

Best suited to:

Parents and carers of children aged 4 to 11 years.

When:

The workshop runs across three Wednesday evenings.

Wednesday 11th March 2020 7pm to 9pm

Wednesday 18th March 2020 7pm to 9pm

Wednesday 25th March 2020 7pm to 9pm

Light refreshments provided.

Where:

Family Life meeting room, 197 Bluff Rd, Sandringham

Cost:

\$240 per person (\$215 concession)

Bookings and more information:

To book or for more info, visit us at heartlinks.com.au

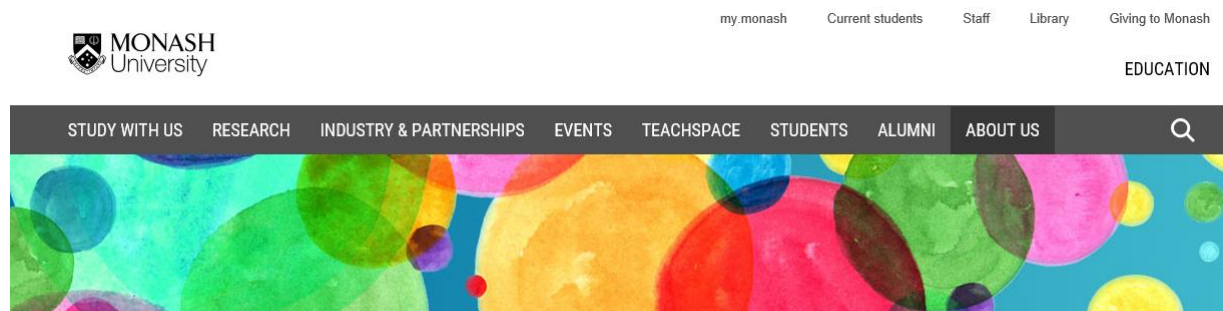
Email heartlinks@familylife.com.au or call (03) 8599 5488



Social Enterprise

Link to Monash Cool Kids Program

https://www.monash.edu/education/about/krongold-clinic/cool-kids-program?utm_source=Community+and+research+events+for+Monash+Education&utm_campaign=53ddfd4765-whats+on+2020+february+community+Education&utm_medium=email&utm_term=0_265896c30a-53ddfd4765-81942145



Cool Kids Program

Helping children manage their anxiety.

Program details

This program will run throughout the year. The upcoming dates are as follows:

Date:	22 May (6 weekly sessions followed by 4 fortnightly sessions)
Time:	Fridays, 9:00 - 11:00am
Venue:	Monash Krongold Clinic Suite 2, Building 2, 270 Ferntree Gully Rd, Notting Hill VIC (View on google maps)
Cost:	\$550

What is *Cool Kids* program?

Cool Kids is a structured 10-week program that teaches children (ages 7 - 17 years) and their parents how to better manage anxiety.

Program format:

- Both the child and the parent/s attend each session together.
- Participants will be split into small groups based on age and needs.

Topics include:

- Learning about feelings and anxiety
- Learning to think more realistically
- Parenting an anxious child
- Fighting fear by facing fear (stepladders)
- Learning other coping skills such as building assertiveness or learning to solve problems

Expected outcomes:

- **Increases** in school attendance, academic achievement, confidence, number of friends, involvement in extra-curricular activities;
- **Decreases** in worry, shyness, fear and family distress.

Program background:

- The program was developed by Macquarie University.
- It is based on Cognitive Behavioural Therapy (CBT) and involves the participation of child and parent, and focuses on teaching practical skills.
- The program has undergone continual scientific evaluation and development to include the latest understanding of anxiety and its treatment.
- Current results indicate that most young people who complete the program show significant improvement. Following treatment, there are marked increases in school attendance, academic achievement, confidence, number of friends and involvement in extra-curricular activities and decreases in worry, shyness, fear and family distress.

How to register

Contact Krongold Clinic:

- ☎ +61 3 9905 4393
- ✉ krongold@monash.edu

We are open weekdays 9am - 4pm.

Program schedule

- Session 1: May 22, 2020
- Session 2: May 29
- Session 3: June 5
- Session 4: June 12
- Session 5: June 19
- Session 6: June 26
- ** school holidays / clinic closure
- Session 7: July 17
- Session 8: July 31
- Session 9: August 14
- Session 10: August 28, 2020





Edithvale Fire
Brigade



22 March 2020

buxton

**All Fired Up
Fun Run**

Registrations Now Open

5km, 10km & 15km Events

Book online and save



Register online: www.allfiredupfunrun.com.au



Trevor Bowen

Supporting your community

One of the area's most trusted and well-known agents, Trevor Bowen has built a career on local knowledge, local connections and a love of his local area.

A resident of Cheltenham's Golden Triangle for more than 20 years, Trevor has raised a family, become part of the community and built his financial security on the real estate of the area.

So it's no surprise that when he talks to his vendors and their buyers he speaks with real passion ...and real life knowledge.

Trevor Bowen Property Consultant
0417 501 327 / trevorb@buxton.com.au

buxton

99 Charman Rd, Mentone VIC 3194 / buxton.com.au

