

CHELTENHAM EAST PRIMARY SCHOOL

www.cheltenhameast.vic.edu.au
cheltenham.east.ps@edumail.vic.gov.au



OUR VISION:

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

ACKNOWLEDGEMENT:

I would like to acknowledge the traditional custodians of this land on which we are gathered and pay our respects to the elders both past and present of the Kulin nation and extend that respect to other Indigenous Australians present.



FROM THE PRINCIPAL



Welcome to our weekly newsletter and I hope that everyone is managing this extended lockdown period and remembering to stay as connected as possible with your families, friendship groups and colleagues.

Make sure you keep checking the website for the exposure sites and for everyone to follow the clear directions around this isolation period and adhere to the 6 reasons to be out of your home.

The State Government initiated an essential worker permit system last week. These forms require employers to complete relevant sections, provide work schedules and contacts within the organisation.

Teachers are endeavouring to connect with the children in different ways including teaching face to face lessons where possible and instructional videos for the children to follow as well as work packs for some of the junior classes. We have made these changes to provide greater online connection between classmates and the teachers, making sure all programs can operate in an even more effective manner. The valuable feedback from our students, families and the staff have supported and driven these modifications. Things have certainly progressed from our very first lockdown day last year and we will continue to update and improve our work in this space.

Please remember to complete the Parent/Caregiver/Guardian online survey if you received an email on 9th August requesting you to do so (random selection of families). This survey assists us with future planning. It closes on September 3.



Newsletter # 27

27th August 2021

School Absence Contact
Information
Please use Sentral



DATES FOR THE DIARY

- Friday September 17th - Last day of Term 3 (early dismissal 2.30pm)
- Friday December 10th — Curriculum Day

Silver Street,
Cheltenham, Vic 3192
Ph: 9583 5746

COURTESY

RESPECT

CO-OPERATION

RESPONSIBILITY

On Site Learning Pick up and Drop Off

Our wonderful staff continue to supervise our on site learning children. To protect them as much as possible parents need to continue to drop off and pick up from outside the gate area. Please do not come into the school grounds as it has the potential to spread the virus. If you have to pick up children outside of these two times please come to the office and we will call your child up.

Student Wellbeing

The Department continues to make wellbeing a priority at this time, with numerous supports and services available to staff and families. Below is some advice for parents supporting students at home during the coronavirus pandemic:

- Department of Education and Training - [Talking to your child during coronavirus \(COVID-19\)](#)
- Raising Children Network Coronavirus - [Coronavirus \(COVID-19\) and children in Australia](#)
- KidsHealth - [Coronavirus \(COVID-19\): How to Talk to Your Child](#)
- eSafety Office - [COVID-19: an online safety kit for parents and carers](#)
- Headspace - [For friends and family](#)

In addition, the following external counselling services are available to parents and staff:

- Parentline: 13 22 89
- Lifeline: 13 11 14 or lifeline.org.au
- Beyond Blue: 1300 22 46 36 or beyondblue.org.au

Book Week

This week is Book Week so it's a good time to remind children how important it is to sit down and immerse themselves in a good book. It will get them off the screen for a while (Always a good thing) and relaxing in a different way. The theme this year is Old Worlds, New Worlds, Other Worlds. Established with the first awards in 1946, the annual CBCA Book of the Year Awards aim to:

- promote quality literature for young Australians;
- support and encourage a wide range of Australian writers and illustrators of children's books and celebrate contributions to Australian children's literature.

The winner of the older reader's category was "The End of the World is Bigger Than Love" by Davina Bell.
The winner of the younger reader's category was "Asters Good, Right Things" by Kate Gordon.
The winner of the Picture Story Book of the year was "How to Make a Bird" by Matt Ottley and Meg McKinlay
The winner of the early childhood book of the year was "No Never" by Libby and Lisa Hathorn.
So get your kids into some relaxing reading this week!

Face masks in Schools

Following on from the Health Department's advice we have now ordered some children's face masks. On Monday we highly recommended sending your child/ren with a face mask if attending on-site learning. It is currently not compulsory for the children to wear one, but it is a recommendation. Please see below:

As directed by the Victorian Chief Health Officer, the following advice applies to all school settings:

- School staff and secondary school students aged 12 or older must always wear a face mask indoors and outdoors at school, including when attending an Outside School Hours Care (OSHC) program, unless a lawful exception applies.
- It is recommended that children under 12 years of age and students at primary school wear face masks when at school, or when attending an OHS program.
- For communication purposes, teachers and education support staff are not required to wear face masks while teaching, but those who wish to do so, can. It is recommended that face masks be worn while teaching wherever practicable.
- Face masks are mandatory for all school staff and school students aged 12 or older when travelling to and from school on public transport and when in taxis or ride share vehicles and recommended for primary school aged students.

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NAPLAN

The NAPLAN (National Assessment Program for Literacy and Numeracy) results will be sent out to schools some time next week and individual student results will be sent out to parents with an explanation of how to read and understand their children's results.

Online Safety Reminder

With COVID-19 having us teach and learn remotely, your child will be spending more time online. There are tips available on the e-safety government website and parts of this will be shared in our newsletter to assist you in keeping your child safe.

Start the chat

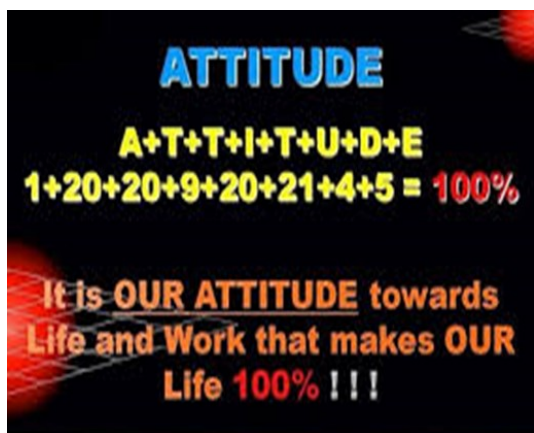
It's not possible to be at your child's side every second of the day, so it's important to talk with them about online safety issues to help develop their critical thinking and ability to make good choices. It's also good to let them know they can come to you for help if they have any concerns. You may feel they know more about the latest technology than you do, but you have more life experience to guide them.

- Take the opportunity to set some boundaries around when and where they can use devices like tablets, smart TVs and gaming consoles, to help limit potential tech tantrums.
- While you are all at home more, it's a great time to co-view and co-play with your kids, so you can understand what they are doing and experiencing online.
- Learn about the games, apps, social media and platforms they are using at The eSafety Guide, including how to protect their information and report inappropriate content or conduct.
- Encourage them to explore eSafety's targeted advice for kids (primary school) and young people (secondary school).
- Check eSafety's tips for talking with your child about tricky personal subjects like online pornography

Breezeway

Our resident handyman Jon has been working on the breezeway area, trying to ensure more light for the entryway. He has trimmed down a lot of bushes and plants to let more light in for the children as they walk through and hang their bags on the bag hooks. He is also preparing the ceiling for painting to further lighten the area. The old fence will be pulled down in the coming weeks as well in preparation for the work to be done in the eating area.

Thought For The Week



Wayne Bach
Principal

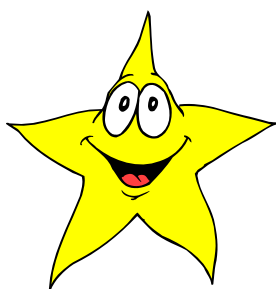
COURTESY

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CEPS KIDS ARE FRIENDLY KIDS



This term we are working on **CO-OPERATION**
and next week we are looking at

Respecting other people's opinions

Everyone has the right to say what they want to say without being put-down

If people feel that you will respect what they say and not put them down, they will enjoy being with you and talking to you. They will feel safe around you because they know you respect others and their feelings. Everyone has the right to express different ideas. If you respect others when they say things you don't agree with, they will respect you. Respectful people are liked by others. Respecting opinions helps groups to get the job done!

Do:

- If you don't agree with what someone says, try to think of anything they said which you CAN agree with.
- Speak in a calm and courteous voice.

Firstly say the part you agree with and then say what you disagree with.

Don't:

- Only focus on what you disagree with.
- Use an angry tone of voice.
- Start your sentence with, "I don't agree."
- Call people names or use put-downs.

Knock other people's ideas and opinions.

SCHOOL NEWS

PARENTS COMMITTEE SPECIAL FOOD DAY



THE WEATHER'S GETTING COLDER SO IT'S TIME TO WARM
YOUR TUMMY WITH SOMETHING YUMMY!

ON 9th AUGUST (new date) WE'VE GOT A CHOICE
OF THE FOLLOWING:

- Option one at \$1.50
- Home made lasagna
- Option two at \$1.50
- Hot dog
- Option three at \$2.50
- Cheese Toastie
 - Ham & Cheese Toastie

Orders to be in by **5th August**, easily done through
[QKR!](#)

**Any other dietary requirements or enquiries please email Jodie Marsh –
jodienmarsh@gmail.com before the 5th August 2021.*

POSTPONED
DATE TBA



CHELTENHAM EAST PRIMARY SCHOOL

WELCOMING 2022 FOUNDATION STUDENTS
TO OUR TRANSITION PROGRAM

Enrol before
July 30th

- 1. FAMILY BBQ AND GET TO KNOW EACH OTHER**
Saturday 15th May, 11am - 12:30pm
Sausage Sizzle and family activities in the Foundation
rooms. Group School Tours.

We look forward to meeting you in the school hall for our activities

- 2. EXPLORE THE WORLD OF MUSIC**
Thursday 10th June, 2:30 - 3:30pm
Come and visit our music room and explore
wonderful world of music through dance!

- 3. IT'S STORY TIME**
Friday 13th August, 2:30 - 3:30pm
Fostering a love of Literacy and
Discovery Time session!

- 4. MEET YOUR PARENTS**
Wednesday 18th August, 5:30 - 7:00pm

- 5. PARENTS MEET WITH US**
Monday 20th August, 7:00 - 8:00pm
A chance to discuss your child's
education about starting school in 2022.

- 6. I AM READY TO GO TO SCHOOL NOW!**
Tuesday 7th September, 9:15am - 10:30am
A morning full of excitement for children entering
Foundation in 2022.

Please contact the school office to book in to any of the listed activities or to arrange a school tour.



Silver Street, Cheltenham, Victoria 3192
Phone: 03 9583 5746
www.cheltenhameast.vic.edu.au
Email: cheltenham.east.ps@education.vic.gov.au



IT'S STORY TIME NEW DATE
FRIDAY 10TH SEPTEMBER

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REMOTE LEARNING



cooking



with

grade 2





Happy Birthday to the following students and staff for this week

* Amity J

* Elliott J

* Jazmin D

* Christopher M

* Claire C

* Josh F

* Lilian L

* Annabelle P

* Aanya R

* John I

* Jonah S

* Quincey J

* Harrison L

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COMMUNITY NEWS

We are fundraising with
 **Entertainment**

Give the gift that keeps on giving!

Support us, surprise Dad and purchase an Entertainment Membership.

Or treat yourself and buy Dad gifts all year round!*

[SUPPORT US & BUY NOW](#)



PLUS for a limited time

Get a BONUS

\$40 or **\$20**

eGift Card for you or Dad**

[SUPPORT US & BUY NOW](#)



Limited time offer!
Ends 1st September 2021

[SUPPORT US & BUY NOW](#)

COMMUNITY NEWS



We're here to provide support for your mental wellbeing.

Struggling to cope during the pandemic? Our trained counsellors are available 24/7. Give them a call on **1800 512 348**



coronavirus.beyondblue.org.au 1800 512 348



FREE WEBINARS FOR PARENTS – SUPPORT HEALTHY BODY IMAGE IN YOUR CHILD

**01 SEPT 2021 (FREE)
7PM – 8.15PM
VIA ZOOM
Live – No recording available**

LET'S TALK BODY CONFIDENT CHILDREN AND TEENS

Delivered by Butterfly Foundation, this webinar for carers of primary and secondary age children provides practical tips to help you better understand and promote positive body image in the home and healthy eating and exercise behaviours. **Learn about:** the power of positive role modelling; reducing toxic body talk; developing resilience to social media pressures; and what to do if you are concerned. For a full session outline visit www.butterfly.org.au

BOOK NOW

**09 SEPT 2021 (FREE)
7PM – 8.15PM
VIA ZOOM
Live – No recording available**

LET'S TALK BODY IMAGE IN BOYS

For parents/carers of pre-teen and adolescent boys this webinar explores the challenges young males are facing and practical strategies to support the development of a healthy body image in boys. **Learn about:** the common concerns for boys and who is at higher risk; how stereotypes, social media and the sport and fitness industry drive appearance pressures; common signs that training, exercise and eating may be problematic; and what to do if you are concerned.

BOOK NOW

Links not working? Copy and paste into your browser: <https://events.butterfly.org.au/portal>

These webinars are offered as part of Butterfly's *Body Kind Families* initiative, designed to help parents support their teen's body image. Register for either webinar and gain automatic access to additional *Body Kind Families* resources – videos, factbooks, family activities and audio materials. For more information: www.butterfly.org.au/bodykindfamilies

Contact:
E: education@butterfly.org.au
T: 02 8456 3908
www.butterfly.org.au


nib foundation | **Butterfly**
LET'S TALK WITH FRIENDS

Resources to help support children during the COVID-19 pandemic

Lockdowns and restrictions have been an ongoing part of our lives for many months now and data shows that we are all feeling the mental health impact. We have a number of resources including videos and factsheets to help you as a parent or caregiver to support your child's mental health and wellbeing.

- [Supporting children during the COVID-19 pandemic](#)
- [Helping children to cope with uncertainty during COVID-19](#)
- [Talking to children about the Coronavirus \(COVID-19\) pandemic](#)

View resources



NUMBERS TO CALL IF YOU NEED SUPPORT

Mental Health Triage (Peninsula):
1300 792 977

Lifeline: 13 11 14

Kids Helpline: 1800 55 1800

Beyond Blue: 1300 225 636

eheadspace: 1800 650 890

Suicide Call Back Service:
1300 659 467

There is always someone to talk to about your mental health

eheadspace

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COMMUNITY NEWS

Junior Engineers

BOOK YOUR CODING & TECH CAMPS TODAY

BOOK WITH CONFIDENCE
WE GUARANTEE FULL REFUNDS OR CREDITS FOR IN-PERSON PROGRAMS BOOKED BEFORE 5/9/21, IF THEY ARE CANCELLED DUE TO LOCKDOWNS.
*T&C'S APPLY

JOIN OUR FACE TO FACE OR ONLINE CAMPS

- ✓ Hack & Code Minecraft Education!
- ✓ Code & Modify the world of ROBLOX
- ✓ Code a MiniTendo gaming console!
- ✓ Design & invent a Mobile App!
- ✓ Be a Stopmotion Movie Maker
- ✓ Robotics adventures with Arduino!

AT LOCATIONS NEAR YOU, OR ONLINE!

Barwon Heads
Toorak
Mentone
Berwick
Brighton
Box Hill
Geelong
Mt. Eliza
St. Kilda
And **MORE!**

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COMMUNITY SPORTS CAMPS AUSTRALIA

ASC

2-DAY AFL & SOCCER CAMPS

FOOTBALL CAMPS AUSTRALIA

SOCCER CAMPS AUSTRALIA

Community Sports Camps are back this Spring to offer all the fun and skill development that we have delivered in the past. Perfect for kids of all skill level aged 5-12

VENUE
Cheltenham Secondary College, Cheltenham, VIC
20 & 21 September 2021

1 and 2 Day day options available!
\$130 for 2 Days, \$80 for 1 Day

Call 1300 914 368 or visit australiansportscamps.com.au to book or for more information.




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

Gold Level



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