

# CHELTENHAM EAST PRIMARY SCHOOL

[www.cheltenhameast.vic.edu.au](http://www.cheltenhameast.vic.edu.au)  
[cheltenham.east.ps@edumail.vic.gov.au](mailto: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



I hope you have all managed to enjoy another busy week and make the best of our current situation.

The rising numbers of positive cases and the numbers of “mystery” cases has meant that our lockdown period has been extended. Data from a daily newspaper has highlighted the growing numbers of cases in the under 20’s age range and the growing numbers of cases in primary school aged students.

This reminds us to be vigilant, follow the directions of the DHHS, wear masks, sanitise, sign in with Covid-19 QR codes, and monitor the wellbeing of everyone at home.

Thank you to everyone who has followed these directions and made a contribution to driving down the virus numbers and getting us closer to the current lockdown being lifted.

Our teaching team, both from home and at school, continue to take on the challenges and complexities of the remote and flexible learning program. The specialist classes have been transferred to Fridays to allow classroom teachers time to follow up with feedback to children and to plan lessons for the following week.

How quickly this year has progressed, the days seem to roll into each other and now we are in Spring.

Premier Daniel Andrews’ announced Wednesday that Victoria’s lockdown will be extended until at least 23<sup>rd</sup> September and face-to-face learning will not resume in Term 3. The Premier has advised the roadmap to return in Term 4 will be announced next week.

Teaching programs will **not** to be provided on site at school during this time. As with previous remote learning periods all children who **can** learn at



Newsletter # 28

3rd September 2021

School Absence Contact  
Information  
Please use Sentral



## DATES FOR THE DIARY

- **Friday September 17th -  
Last day of Term 3 (early  
dismissal 2.30pm)**
- **Sunday 5th September —  
Fathers Day**
- **Friday November 12th —  
Curriculum Day**
- **Friday December 10th —  
Curriculum Day**

Silver Street,  
Cheltenham, Vic 3192  
Ph: 9583 5746

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home **must** learn from home.

### Permits for on-site supervision:

Parents and carers are only able to request on-site supervision for their child/ren in the below categories:

A) Children where **both** parents and/or carers are considered authorised workers who cannot work from home, work for an authorised provider and where no other supervision arrangements can be made:

- Where there are two parents/carers, both must be authorised workers, working outside the home in order for their children to be eligible for on-site provision
- For single parents/carers, the authorised worker must be working outside the home in order for their children to be eligible for on-site provision.

An authorised worker permit is required for parents requesting on-site supervision for their child/ren under Category A as an authorised worker. A copy of an authorised worker permit must be submitted to the school with the on-site attendance form for those seeking Category A on-site supervision.

### B) Children experiencing vulnerability, including:

- In out-of-home care
- Deemed vulnerable by a government agency, funded family or family violence service, and assessed as requiring education and care outside the family home
- Identified by a school or early childhood service as vulnerable, (including via referral from a government agency, or funded family or family violence service, homeless or youth justice service or mental health or other health service)
- Where a parent/carer indicates that a student with a disability is vulnerable because they cannot learn from home, and/or informs the school the student is vulnerable due to family stress, the school must provide on-site supervision for that student. This may apply to students enrolled in specialist schools and students with a disability enrolled in mainstream schools.

An authorised worker permit is not required for accessing on-site supervision under Category B.

## **ROBYN KIMPTON RETIRING**

### **31 YEARS AT CEPS**



Sadly we are saying goodbye to our longest serving staff member Robyn Kimpton who is retiring at the end of this term. Robyn has worked as a Business Manager in the front office for the last 31 years of her life at Cheltenham East Primary School. This is an amazing milestone to reach and her contribution to the school has been enormous. Robyn started at Cheltenham East on the 30<sup>th</sup> of August 1990 and has continued to work here ever since. She has seen many changes including teachers and principals come and go in her time and has loved working with the staff. Robyn always presents professionally to all community members and is to be congratulated on her willingness to help others no matter what the circumstances. Her manner and her sense of humour will be missed. Congratulations on an amazing career Robyn. Good luck to you, Dave and your family.

There will be an official presentation to Robyn when children and staff are allowed back on site.

## **FATHERS DAY**

I hope the Dad's throughout the community get a little spoiled on Sunday when we celebrate Fathers Day. Breakfast in bed would be a great start. There is nothing like waking up to the smell of burnt toast and a cold cup of tea to get you started in the morning. I must say it is hard to celebrate Father's Day without the option of travelling anywhere but a restful day spent with the family will be a great way of sending a special day. Unfortunately due to the Covid virus our wonderful Parents Committee couldn't hold a stall for the children but I'm sure they will still have a great day.

## **THURSDAY 9TH SEPTEMBER - R U OK? Day**



1. Ask



2. Listen



3. Encourage  
action



4. Check in

### **HOW TO ASK R U OK?**

**SIMPLE STEPS THAT  
COULD CHANGE A LIFE**

This marked the national day of action dedicated to reminding everyone that any day is the day to ask, 'Are you OK?' The

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theme for 2021 is 'Are they really OK? Ask them today.'

**R U OK? Day** encourages everyone to check in on each other and to support those who may be struggling. It highlights the importance of having these conversations throughout the year, not just on the one day.

This is very important every year, but particularly more so after a year of such disruption, with the additional stressors the coronavirus (COVID-19) pandemic has placed on all of us personally, and the added impacts of isolation and difficulty to maintain connectedness in a virtual world.

By having wellbeing conversations, we empower each other to access the support available for our mental health. These conversations are vital to reducing the barriers that often stop us from taking action.

Our staff will be wearing a touch of yellow on Thursday to create awareness and encourage to ask R U OK? Tips and suggestions on how you can start a simple wellbeing conversation are available on the [R U OK? website](#).

[A conversation could change a life | R U OK?](#)

## **NAPLAN 2021**

The 2021 NAPLAN results have been shared across the airwaves and through various forms of the media. The positive results reflect the capabilities of our students and the cumulative work of the teachers, the staff, and the also acknowledge the support of our families. Our school results are available next week and these will be shared with our students and families and the data will be used to inform our planning, intervention strategies and teaching programs. I have attached a link that summarises the performance of the Victorian students.

<https://www.education.vic.gov.au/Documents/about/news/naplan-highlights-2021.pdf>

## **GREAT TEACHERS**

We have fabulous teachers here at Cheltenham East PS. What makes a great teacher? A great teacher is one a student remembers and cherishes forever. Teachers have long-lasting impacts on the lives of their students, and the greatest teachers inspire students toward greatness. To be successful, a great teacher must have:

### **1. An Engaging Personality and Teaching Style**

A great teacher is very engaging and holds the attention of students in all discussions.

### **2. Clear Objectives for Lessons**

A great teacher establishes clear objectives for each lesson and works to meet those specific objectives during each class.

### **3. Effective Discipline Skills**

A great teacher has effective discipline skills and can promote positive behaviours and change in the classroom.

### **4. Good Classroom Management Skills**

A great teacher has good classroom management skills and can ensure good student behaviour, effective study and work habits, and an overall sense of respect in the classroom.

### **5. Good Communication with Parents**

A great teacher maintains open communication with parents and keeps them informed of what is going on in the classroom as far as curriculum, discipline, and other issues. They make themselves available for phone calls, meetings, and email.

### **6. High Expectations**

A great teacher has high expectations of their students and encourages everyone to always work at their best level.

### **7. Knowledge of Curriculum and Standards**

A great teacher has thorough knowledge of the school's curriculum and other standards they must uphold in the classroom. They ensure their teaching meets those standards.

### **8. Knowledge of Subject Matter**

This may seem obvious, but is sometimes overlooked. A great teacher has incredible knowledge of and enthusiasm for the subject matter they are teaching. They are prepared to answer questions and keep the material interesting for the students.

### **9. Passion for Children and Teaching**

A great teacher is passionate about teaching and working with children. They are excited about influencing students' lives and understand the impact they have.

### **10. Strong Rapport with Students**

A great teacher develops a strong rapport with students and establishes trusting relationships.

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## AUSTRALIAN TEACHER AIDE APPRECIATION WEEK

Australian Teacher Aide Appreciation Week is an occasion where teachers, parents and children can show their thanks for all the hard work of these classroom heroes. A lot of the hard work that Teacher Aides do *is* clearly visible. Whether that's standing at the school gates, welcoming children, or helping in the classroom. And, as most teachers know, this work is often the difference between a good lesson and a great one. Of course, this isn't to forget the impact that Teacher Aides can have on individual children. For young learners with special educational needs, having an extra helping hand can be the difference between success and failure. It's often said that Teacher Aides are the glue that holds the classroom together. And, not unlike glue, a lot of the hard work that Teacher Aides do goes unnoticed. From preparing worksheets, to decorating classrooms, many of these day-to-day jobs are key to ensuring that schools run smoothly. Sadly, it's all too often the case that children are the only ones to recognise the hard work of Teacher Aides.

So, after giving us so much of their time and effort, we think it's about time we stopped to say thanks.

Here's to our amazing Teacher's Aides :

- Deb Butler
- Natasha Harvie
- Lisa Nicholson
- Loretta Conheady
- Divya Rai
- Karen Abrahams

## THOUGHT OF THE WEEK



shutterstock.com · 271102394

Wayne Bach  
Prinicpal

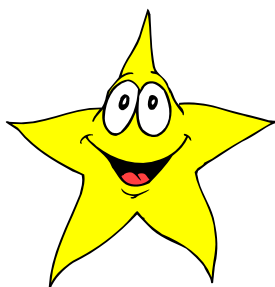
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## CEPS KIDS ARE FRIENDLY KIDS



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

### **Sharing**

**It's fair to share.**

Sometimes it is difficult to share new and special things, but if you are willing to share with others then you are seen as being unselfish and generous. Other children like to play with and be with children who share. They don't like to be friends with selfish people who don't share or who only care about themselves. You don't have to share all of your things all of the time. If something is very precious to you, it is probably best not to bring it to school.

#### **Do**

- You should put away safely anything that you don't want to share because it is very special to you.
- Offer to share your things when you feel that other people would enjoy them too.
- If someone asks to use something of yours, say yes and show them how to use and take care of it properly and tell them where you want it to be used.

If you and another person both want to use something that neither of you own, take turns at using it for an equal amount of time.

#### **Don't**

- Show off things that you are not willing to share with others.
- Refuse to share any of your things which you show to others.

Hog things which don't belong to you and which other people want to have a turn at.

# SCHOOL NEWS



## PARENTS COMMITTEE SPECIAL FOOD DAY



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

ON 9<sup>th</sup> AUGUST (new date) WE WILL HAVE A CHOICE  
OF THE FOLLOWING:

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

Orders to be in by 5<sup>th</sup> August, easily done through  
[QKR!](#)

\*Any other dietary requirements or enquiries please email Jodie Marsh –  
jodienmarsh@gmail.com before the 5<sup>th</sup> 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 15<sup>th</sup> 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 10<sup>th</sup> June, 2:30 - 3:30pm

Come and visit our music room and explore the  
wonderful world of music through dance.

### 3. IT'S STORY TIME

Friday 13<sup>th</sup> August, 2:30 - 3:30pm

Fostering a love of Literacy through  
Discovery Time sessions.

### 4. MEET YOUR

Wednesday 18<sup>th</sup> August, 10:30am

### 5. PARENTS ARE IMPORTANT!

A day of activities for parents and children to  
celebrate the start of the 2022 school year.

### 6. I AM READY FOR SCHOOL NOW!

Tuesday 13<sup>th</sup> 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](http://www.cheltenhameast.vic.edu.au)

Email: [cheltenham.east.ps@education.vic.gov.au](mailto:cheltenham.east.ps@education.vic.gov.au)



## Our stores are still open for Online orders and Click & Collect

If you place your online order by 11pm on Monday evenings we  
will have it prepared for despatch or contactless Click & Collect  
from our stores between 1pm and 5pm every Tuesday only.  
Delivery delays should be expected.

Please wait for email or SMS confirmation before heading to your  
store for collection of goods.

[www.psw.com.au](http://www.psw.com.au)

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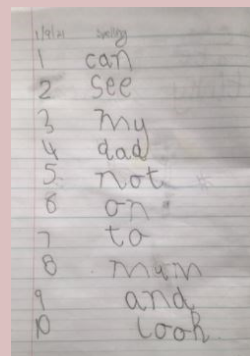
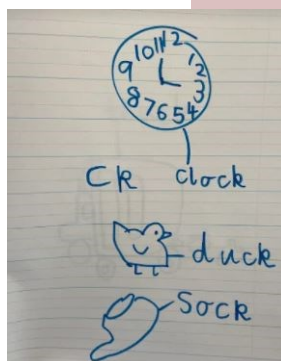
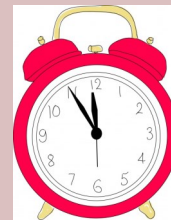
# FOUNDATION

Foundation students have been busy learning lots of new things:

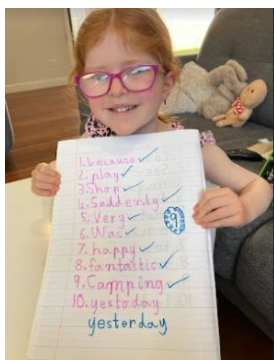
O'clock times and CK digraph

Spelling challenges on their sight words

They also have a weekly Wacky Wednesday dress up day.



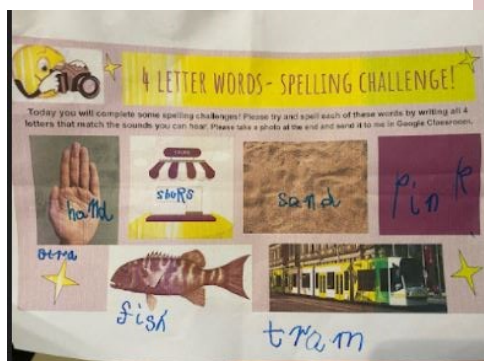
WHATS THE TIME MR WOLF?



C, CK, K



WHACKY WEDNESDAY!



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**Happy Birthday to the following students and staff for this week**

Yanyao X

Omer A

Julian R

Rosemary G

Eden T

Madi F

Valerie K

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# COMMUNITY NEWS

We are fundraising with  
 **Entertainment**

## The savvy way to save!

FREE Multi City Upgrade with a Single City Membership purchase. **SAVE \$50!**

SUPPORT US & BUY NOW

BUY  
SINGLE CITY  
MEMBERSHIP

**\$69<sup>99</sup>**

GET  
UPGRADED TO  
MULTI CITY\*

~~**\$119<sup>99</sup>**~~

HURRY!  
LIMITED  
TIME

SAVE  
**\$50**



## Savvy savings for longer!

PLUS buy today and get  
ONE extra month  
Membership FREE\*

PLUS EXTRA  
MONTH  
**FREE\***

SUPPORT US & BUY NOW

[SUPPORT US & BUY NOW](#)

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# 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](https://coronavirus.beyondblue.org.au) 1800 512 348



## NUMBERS TO CALL IF YOU NEED SUPPORT

Mental Health Triage (Peninsula):  
1300 792 977

Lifeline: 13 11 14

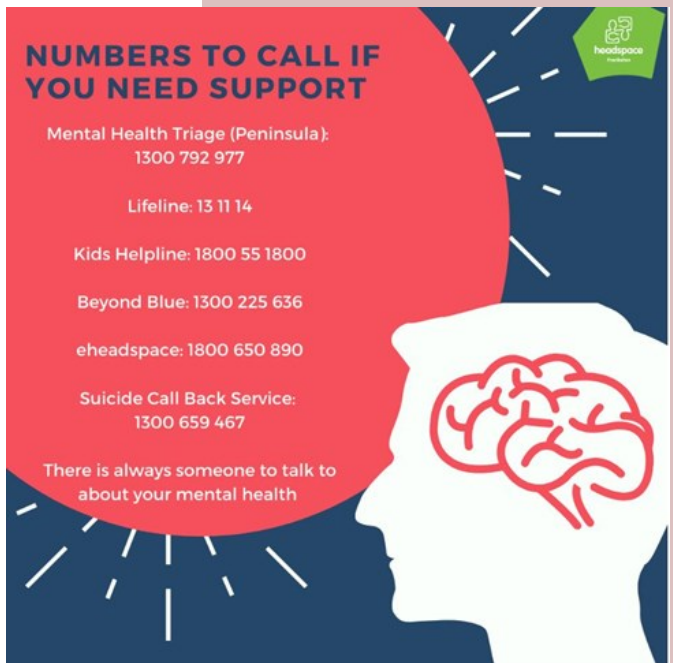
Kids Helpline: 1800 55 1800

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



## 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](#)

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# COMMUNITY NEWS

**really**  
**Are they OK?**  
**Ask them today**

**RU OK?**<sup>TM</sup>  
A conversation could change a life.

Learn how to ask at [ruok.org.au](http://ruok.org.au)

**really**  
**Are they OK?**  
**Ask them today**

**Make a moment meaningful and ask R U OK?**

**Find time to ask them how they're really going:**

- On breaks from work or study.
- When exercising together.
- When connecting or doing activities together online.
- When you're spending time together socially.
- When you're doing an activity side-by-side.
- When you're sharing a meal.
- When you're travelling together, even a short trip can be a good time to talk.
- Whenever you're spending quality time together.

Remember to stay connected and make asking "are you OK?" part of your everyday

Find more tips at [ruok.org.au](http://ruok.org.au)

**RU OK?**<sup>TM</sup>  
A conversation could change a life.

## SEPTEMBER 9th—R U OK? DAY

**really**  
**Are they OK?**  
**Ask them today**

**Have a conversation using these 4 steps**

- 1. Ask R U OK?**
  - How are you travelling?
  - You don't seem yourself lately - want to talk about it?
- 2. Listen with an open mind**
  - I'm here to listen if you want to talk more.
  - Have you been feeling this way for a while?
- 3. Encourage action**
  - Have you spoken to your doctor about this?
  - What do you think is a first step that would help you through this?
- 4. Check in**
  - Just wanted to check in and see how you're doing?
  - Have things improved for you since we last spoke?

Learn how to ask at [ruok.org.au](http://ruok.org.au)

**RU OK?**<sup>TM</sup>  
A conversation could change a life.

**really**  
**Are they OK?**  
**Ask them today**

**Make staying connected and asking R U OK? part of your everyday.**

**Start by asking "Are you OK?"**

**No, I'm not OK.**  
Dig a bit deeper:

- "What's been happening?"
- "Have you been feeling this way for a while?"
- "I'm ready to listen if you want to talk."

**Yes, I'm fine.**  
But your gut says they're not:

- "It's just that you don't seem to be your usual self lately."
- "I'm always here if you want to chat."
- "Is there someone else you'd rather talk to?"

**Listen with an open mind**

**Encourage action and offer support:**

- "How can I help?"
- "What would help take the pressure off?"
- "What do you enjoy doing? Making time for that can really help."
- "Have you thought about seeing your doctor?"

**Make time to check in:**

- "Let's chat again next week."

Learn how to ask at [ruok.org.au](http://ruok.org.au)

**RU OK?**<sup>TM</sup>  
A conversation could change a life.

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# COMMUNITY NEWS



## SCHOOL HOLIDAYS

<https://www.springvaleindoorsports.com.au/school-holidays/>  
 Add: 546-552 Springvale Road, Springvale South | Tel: 9547 2555

**\$10+ /Day with CCS**



- Sports
- Art & Craft
- Laser Tag/Nerf
- Jumping Castles
- Bumper Cars
- Facepainting

COMMUNITY SPORTS CAMPS AUSTRALIA

## 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](http://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](mailto:trevorb@buxton.com.au)



99 Charman Rd, Mentone VIC 3194 / [buxton.com.au](http://buxton.com.au)



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