Dear Parents & Friends,

Welcome back to the start of a new school year. It has been great catching up with the students, staff and parents to find out what has been happening over the Christmas break. I would like to welcome all of the new families who have started at Frankston East and we hope you enjoy your time with us. Our preps have commenced their schooling and we are looking forward to working with them on their learning journey over the next 7 years.

It is always a busy time over the school holidays where a lot of maintenance works are undertaken around the school. Trees have been pruned, playgrounds mulched and our equipment has been serviced. The whole school has been cleaned from top to bottom and is looking great for the start of the 2016 school year.

As part of the Department’s Health and Safety Management Plan, new labelling has been installed at our school. The labels remind people to contact the school office prior to undertaking any works at the school, to ensure that they have up to date information from the school’s asbestos register. Asbestos, which was used extensively in building materials in the past but is now banned, is considered safe unless damaged or in poor condition. The new labels form part of a comprehensive program to ensure Victorian government schools remain safe. Children’s safety is our number one priority. That is why we are taking this extra step as a precaution.

**Beach Day**

On Tuesday February 23rd we will be holding our annual Beach Day at Canadian Bay Beach. This is a great day where the whole school is able to explore the rock pools at Canadian Bay. This year, the school will be fully subsidising the cost of this excursion. As such, there will be no charge to students to attend. All that will be required is a signed permission form for each student. Permission forms will be sent home in the near future.

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**Bikes, Scooters and Skateboards**

Bikes, scooters and skateboards should not be ridden in the school grounds as this causes a safety issue for the pedestrians within the grounds. Upon arrival at school, students should walk their bike or scooter to the bike shed. The bike shed is locked up shortly after 9am by the monitors and unlocked again just before 3.30pm.

**Staff Carpark**

Just a gentle reminder that the staff carpark should not be used as a pedestrian entrance to the school grounds. There are pedestrian entrances on Frawley Street, Ashleigh Avenue and at the main office on Mena Street. The staff carpark is for vehicle access only.

**Hot weather**

Melbourne will experience extremely high temperatures over the back to school period. Parents/guardians are reminded that on hot days it is important never to leave children

![Beach Day Image]
alone in the car. Temperatures inside a parked car during summer can be around 20 to 30 degrees hotter than the outside temperature. Leaving children in hot cars, even for a moment, can result in serious injury or death. Young children’s smaller body size and underdeveloped nervous system places them at greater risk of life threatening heat stroke, dehydration and other serious health risks.

**Speed Zones**
The Department would like me to remind the school community of the importance of road safety around schools. School Speed Zones will be enforced from the commencement of the school year. We are fortunate that the speed limits around our school are permanently set at 40km/h.

**Uniform Policy**
Included with the newsletter is a copy of the School Council approved Uniform Policy and uniform items. The rationale of the policy is that a uniform dress code reinforces in students a pride in their own appearance, instils recognition of themselves as an integral part of the school community, and assists in developing pride in representing their school. Issues of equality, health and safety, and expense are also factors that contribute to the establishment of the Dress Code. The policy clearly identifies what are acceptable and unacceptable items of uniform. We greatly appreciate your support of the Uniform Policy.

**Student accident insurance/Ambulance cover arrangements and private property brought to school**
We would like to advise parents/guardians that the Department does not provide personal accident insurance or ambulance cover for students. Parents/guardians of students, who do not have student accident insurance/ambulance cover, are responsible for paying the cost of medical treatment for injured students, including the cost of ambulance attendance / transport and any other transport costs.

Parents/guardians can purchase insurance policies from commercial insurers. The Department cannot advise parents/guardians on whether to purchase a student accident policy/ambulance cover, or which policy to purchase. It is recommended that you seek assistance in this matter with your insurance broker or find a suitable personal accident insurer in the Yellow Pages or online.

Personal property is often brought to school by students, staff and visitors. This can include mobile phones, calculators, toys, sporting equipment and cars parked on school premises. As the Department does not hold insurance for personal property brought to schools and has no capacity to pay for any loss or damage to such property students and staff are discouraged from bringing any unnecessary or particularly valuable items to school.

**Emergency Situation**
Over the next week or so, we will be calling you to confirm your mobile phone number so we can update our records. It is extremely important that we have up to date information so we are able to communicate with you. This year we will implementing an Emergency Text Messaging system that will allow us to send a text to the entire school community in the unlikely event of a whole school emergency. For example, if we were in a lock down situation and students were unable to be picked up at the normal time or if we were evacuated off site to St John’s Primary next door, then we would be able to communicate this to the whole school community.

Until next time,

Brian McFall (Principal)
Student of the Week
Monday 8th February

PM—Jacob S.-H.—For having a great start to his first year of school.

1/2S—Emma L.—For being a great classroom helper.

1/2H—Charlee B.—For great recount writing.

1/2B—Taane C.—For some excellent listening in class.

3/4B—Jack B.—For a fantastic start to the year.

3/4H—Jordan K.—For a great start to the year.

4/5W—Maki A.—For her fantastic start at FEPS.

5/6O—Hope P.—For some excellent work on Mathletics.

5/6S—Maddie H.—For great work at fitness training.

Happy Birthday

Jan. 1st  Zoe H.  PM
Jan. 3rd  Jayden S.  1/2H
Jan. 4th  Ryan P.  1/2H
Jan. 6th  Tristan T.  3/4B
Jan. 8th  Gabby C.  3/4B
Jan. 10th Sophie M.  3/4H
Jan. 15th Riley O.  5/6S
Jan. 16th Dylan C.  1/2H
Jan. 18th Gabby H.  PM
Jan. 23rd Jaxton E.  3/4B
Jan. 26th Caleb J.  4/5W
Jan. 28th Grace K.  4/5W
Jan. 30th Matthew L.  5/6S
Jan. 31st Ceasar S.  1/2S
Feb. 2nd  Shaydn R.  PM
Feb. 5th  Shaylee H.  PM
Feb. 7th  Isabelle R.  3/4H
Feb. 8th  Sarah P.  5/6S
Feb. 9th  Kooper Y.  1/2B
Feb. 9th  Kayden C.  4/5W
Feb. 16th Parris B.  5/6O

P.F.A. MEETING

There will be a meeting of the P.F.A. on Thursday 11th February at 9:00am in the Conference Room.

Please come and join us for a cuppa and chat. New faces will be made very welcome (old faces too)!
Welcome back everyone for a fantastic 2016 and a special welcome to all our new parents and children.

When you first came to our school you may have seen my office with the sign Student Wellbeing Manager. As part of my role as Student Wellbeing Manager I have a strong commitment to further strengthen the bond between FEPS and your child but more importantly the bond between yourself and your children.

Our school is a member of Parentingideas which is Australia’s leading provider of parent education resources to schools. It is headed by Michael Grose, a well known author of books such as “Why First Borns Rule the World and Last Borns Want to Change it.” Michael also has parenting columns in newspapers across Australia and is a commentator on both television and radio.

This year I will continue to provide insightful and helpful information from Parentingideas as well as bringing to your attention the details of any programs or forums that are being offered by local organisations.

Every second week I will include regular parenting articles on topical and practical issues from Parentingideas.

This week I have included an article ‘Make This Year Your Child's Best Ever at School’ by Michael Grose

A new school year means a clean slate for students. Here are 7 ideas to help you make the most of the fresh start and make this year your child’s best year ever at school

A new school year means a fresh start for students. Regardless of your child’s performance last year, they start school with a clean slate. A break offers students the chance to begin new habits and adopt new behaviours. Here are seven ideas to help you make the most of the fresh start and make this year your child’s best year ever at school:

1. **Commit to your child going to school every day on time.** One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day and gets there on time. Kids spend more time asleep than at school, so we need to maximise every day to get full value.

2. **Help kids start each day well.** A good night’s sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time get up, eat and get ready for the day.

3. **Establish work and study habits.** The most successful students are those who develop regular study habits that suit their lifestyle, their study style and their school’s expectations. Find out the work expectations from your child’s or young person’s school and help them establish a work routine that matches.

4. **Make sure your child gets enough sleep.** Many children and young people are sleep-deprived, which impacts on their wellbeing and their learning. A good night’s sleep consolidates learning, as well as assisting future learning.
Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help kids get sufficient sleep by having a regular bedtime and get-up time each day. Have a 45-minute wind-down time each night, and remove screens and mobile phones from bedrooms.

5. **Insist kids exercise.** The old saying about ‘a healthy body and a healthy mind’ is so true. Exercise releases the chemicals needed for learning and wellbeing. Yet kids today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for kids of all ages. Encourage your child to play sport; promote free and active play and look for ways to make moving part of their daily lives.

6. **Focus on being friendly.** Schools are very social places requiring kids to negotiate many different social situations each day. Yet we often only focus on academic learning. There are strong links between social success, and academic success and wellbeing. Encourage kids to be open and tolerant; to be friendly; to be sensitive to others; to be involved in plenty of activities and to be social risk-takers. These are all characteristics of socially successful kids. At the same time discourage anti-social behaviours such as over-competitiveness, self-centredness and lack of sharing.

7. **Develop self-help skills.** Successful students are often well organised, self-directed and self-motivated. Personal organisation seems to come more naturally to girls than boys, however both genders benefit from coaching in this important area. You can foster organisational skills and self-direction by developing simple, age-appropriate self-help skills related to their everyday lives. Such skills as making lunches, packing school bags, and organising after school schedules can be great lessons that impact on how kids perform at school.

At the start of the school year kids are likely to adopt changes than at any other time. Make the most of the opportunity by focusing on two or three areas to really focus on and you’ll find that the rest will fall into place.

In this week’s newsletter there are details of two programs available for parents to attend free of charge. The first one is a 6 week program, ‘Living with Autism’ organised by Anglicare and the second program is run by the Chris Barrett Foundation for Mental Health.

Please don’t hesitate to see me if you have any queries or concerns.

Barb Heeney – Student Wellbeing Manager

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**The Vegie Garden**

Produce from the garden, like tomatoes will be sold for a gold coin donation on Monday afternoons around 3:30 outside the vegie garden and the junior building.

The donations go to support the International Anti-Poaching Foundation who help African, horned animals in their survival.

Corn will be shared in class between the grade 1/2’s who planted them from seed as Preps.

Grapes will be shared among the whole school when they are ripe.

Thank You
Our Prep children have had a fantastic start to their first year of school at Frankston East Primary School. They were warmly welcomed to their classroom last Thursday and have quickly settled into the school environment and classroom routine. In the first few days of school, a number of the children re-established friendships they had made at kinder/child care last year and many have formed new friendships with fellow classmates.

The children have started looking at letters of the alphabet and identifying and learning to write each letter in upper case and lower case. We are talking about what sound each letter makes and words that begin with each letter. This week our preps have been looking at the letters ‘Aa’ and ‘Bb’. They have completed works sheets related to these letters and practiced writing each of these letters in their Handwriting books. The children have also listened to several stories starting with these letters including “Ants in my Pants”, “A fly Went By” and “Brown Bear Brown Bear”. These books have been read as big books, picture-books and stories on the Interactive whiteboard.

After recess we have our Maths lesson. Often we are looking at numbers and practising our counting forwards and backwards. We will also be learning how to sort and classify objects, tell the time and recognise shapes around us.

Each day our preps have taken part in Developmental play activities, similar to those in kindergarten, crèche and home. These include blocks, drawing, floor puzzles, chalk and chalkboards. This has assisted in a smooth transition to school, by providing activities the children are already familiar with and enjoy. These play activities also allow the children to socialise with each other and participate in sharing, taking turns and language experiences in relaxing and enjoyable setting.

Every Friday is “Fun Friday” in our Early Learning Centre.

This Friday our Prep to Grade 2 children will be looking at the topic of Summer. We will be taking a walk around the school and talking about things that remind us of the season of Summer. The children will then participate in a craft activity related to this topic.

As you can see Prep is a very busy year and we are looking forward to a fun and exciting year ahead with your gorgeous Prep children at Frankston East Primary school.
UNIFORM POLICY

Rationale:
- A uniform dress code reinforces in students a pride in their own appearance, instils recognition of themselves as an integral part of the school community, and assists in developing pride in representing their school. Issues of equality, health and safety, and expense are also factors that contribute to the establishment of the Dress Code.

Aims:
- To promote equality amongst all students.
- To further develop a sense of pride in, and identification with our school.
- To provide durable clothing that is cost effective and practical for our school environment.
- To maintain and enhance the positive image of the school in the community.

Implementation:
- School Council has developed a Dress Code that we believe provides choice for the students, allows for students to safely engage in the many varied school activities, and caters for the financial constraints of families.
- The Dress Code applies during school hours, while travelling to and from school, and when students are on school excursions.
- Summer and winter uniforms, will be prescribed and are required to be worn.
- Stud earrings and sleepers worn in the ears, plus watches/bracelets are the only acceptable jewellery.
- Extreme hair colors (e.g., green, pink, or purple rinses) and/or extreme hairstyles (e.g., spikes or mohawks) are not permitted.
- Students with long hair should have their hair tied back while at school to support the school Head Lice Policy. Headbands or hair ties should be in school colours.
- Other than clear nail polish, cosmetics may not be worn at school.
- The only headwear that is acceptable during high UV radiation periods is Sunsmart hats consistent with our Sunsmart policy. They must be worn outside in Term 1 until May 1st and from September 1st until the end of Term 4. Hats are not to be worn inside.
- The student Dress Code, including details of uniform items and places of purchase, will be published in the newsletter at the start of each year.
- School Council requires the Principal be responsible for implementation of the Dress Code.
- Arrangements can be made to supply uniforms via State Schools Relief for families experiencing economic hardship.
- Parents seeking exemptions to the Dress Code due to religious beliefs, ethnic or cultural background, student disability, health condition or economic hardship must apply in writing to the Principal for consideration.

Evaluation:
- This policy will be reviewed as part of the school’s four-year review cycle.

This policy was last ratified by School Council in August 2015

LIVING WITH AUTISM
FOR PARENTS OF CHILDREN WITH ASD AGED 6-11 YEARS

PROGRAM DETAILS
WHEN: 10th, 17th, 24th February, 2nd, 9th, 16th March
TIME: 9:45am-11:45am
WHERE: Ballam Park
       Primary School
       251-257 Avenue Frankston
       VIC 3199
WHO: Parents, grandparents, carers of children with a diagnosis of autism

For bookings & enquiries contact:
Parentzone South East 1300 944 013
or Joanne Templeton 0419 007 418 or 03 9945 2000
Joanne.Templeton@anglicarevic.org.au
FREE BUT BOOKINGS ESSENTIAL
REFRESHMENTS PROVIDED

Are you a parent/carer of a child on the autism spectrum aged 6-11 years? Join with other parents/carers to share experiences, ideas and learn strategies in a relaxed, friendly place.

Parentzone anglicarevic.org.au

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Maths Share
ALGEBRA/PATTERN

Magic shoes U50

You will need
your family’s shoes
pen and paper
a calculator might be useful

What to do
Count the number of shoes owned by all the members in your family. (Don’t forget to count the ones you are wearing now.)
There’s some strange magic going on in your house. Every morning the number of shoes has doubled!
How many pairs of shoes would your family have at the end of a week?

Calculate from the time you first count your family’s shoes to exactly one week later. You may be surprised!

WHERE’S THE MATHS?
Counting, patterns, doubling, problem solving.

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The Chris Barrett Foundation presents: THE MAD HATTERS TEA PARTY

ADULTS, TEENS & ALL AGES! UNLEASH YOUR INNER CHILD
& BENEFIT YOUTH MENTAL HEALTH. ALL WELCOME!
SATURDAY 19TH MARCH FROM 6:00PM
CROCS PLAY CENTRE FRANKSTON POWER CENTRE
SILENT AUCTION PHOTOBOOTH PRIZES GAMES
PURCHASE TICKETS ONLINE AT: www.chrisbarrettfoundation.org

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