Dear Parents & Friends,

Getting to Know You Interviews
Thank you to those parents/guardians who were able to attend the Getting to Know You interviews last week. Some interviews have been rescheduled due to staff illness and we appreciate your patience with this unavoidable situation. It was a good opportunity for parents/guardians to exchange information with their child’s 2015 class teacher and the staff got a lot out of the chat.

School Starting Time
As you are all aware, school starts at 9am each day. It is a busy time of the morning with teachers organising their classes and setting the scene with the children for the day. We ask that parents/guardians make every effort to get their children to school on time so that they don’t miss this important part of the day. We would also ask parents/guardians to make an appointment with teachers if they need to talk rather than taking them away from the grade at this time of the morning.

Pupil Free Day
As you can see from the Coming Events Calendar, we have a Pupil Free Day on Thursday March 19th 2015. This is a combined curriculum day with the staff from Karingal Heights Primary School. Both schools have a focus on Maths this year and we will be investigating the language of mathematics and mathematics as a language. We are looking forward to working with our consultant, Lynn Watts, and the staff from Karingal Heights.

Activate your family
Physical activity – it benefits you instantly, no matter what activity you choose. Moving muscles and making your heart beat faster can help you reduce stress, feel more energetic, look better, sleep better, and have greater concentration. Staying active over time helps your family maintain healthy weights, and protects them from developing heart disease, diabetes, high blood pressure, stroke, and osteoporosis (weak bones). And, there’s more. Kids who are active often do better in school!

Establishing an active lifestyle can help your family live longer, healthier lives.

The Premier’s Active April encourages all Victorians to do 30 minutes of physical activity a day during April. It’s free, it’s fun and it’s part of the Victorian Government’s commitment to get more people active and healthy.

Performing Arts @ FEPS
The children across the school have had a focus on beat and rhythm using body percussion so far this term. On March 11th as a part of our Music Program, all students across the school will be participating in an African Drumming Program run by In Rhythm. We are looking forward to this and there is some excitement building with the kids. This should be a great experience for all of our students. There is no cost to students.

Until next time,

Brian McFall
Principal
### Happy Birthday

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
<th>Class</th>
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<tbody>
<tr>
<td>Mar. 1st</td>
<td>Jeremy G.</td>
<td>3/4S</td>
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<td></td>
<td>(apologies for omitting you last week Jeremy)</td>
<td></td>
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<tr>
<td>Mar. 3rd</td>
<td>Stephanie M.</td>
<td>P/1S</td>
</tr>
<tr>
<td></td>
<td>Owen K.</td>
<td>3/4B</td>
</tr>
<tr>
<td>Mar. 8th</td>
<td>Hayden J.</td>
<td>5/6S</td>
</tr>
<tr>
<td>Mar. 9th</td>
<td>Nick W.</td>
<td>2/3H</td>
</tr>
<tr>
<td></td>
<td>Charli M.</td>
<td>3/4S</td>
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</tbody>
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### NATIONAL RIDE2SCHOOL FRIDAY MARCH 13TH 2015

You may have noticed the poster on the window as you walk through to the office telling you about the National Ride2School Day. Frankston East PS has registered for this National Ride2School Day and has joined thousands of other schools around Australia who are committed to making walking and riding a feature of their culture.

A recent survey has found that only about a quarter of children and young people aged between five and fifteen years had at least 60 minutes of moderate to vigorous physical activity every day. By encouraging your child to ride or walk to school, even part of the way, you are taking the lead in reversing this trend.

On Friday March 13th I will be asking each grade teacher to send me the numbers of children in their grade who walk, ride, scoot or skate to school. It would be great to see as many of our children as possible participating on this day and continuing it every other day.

### Uniform Shop Operating Hours

The operating hours are:

- **TUESDAY** – 8:45 – 9:15am
- **FRIDAY** - 8:45 – 9:15am and 3:15 – 3:45pm

### Student Attendance last week

- Percentage of students at school: **94.1%**
- Percentage of students on time: **91.2%**
Helping Kids Deal with Rejection

One of the keys to functioning socially and emotionally is the ability to deal with disappointment and rejection.

Most children experience some type of rejection from their peers throughout childhood. One study found that even popular children were rejected about one quarter of the time when they approached children in school. Paradoxically, children’s experience of rejection and disappointment at school is good for them, as long as it’s balanced with successful experiences too. They learn that they can cope and solve problems in their own way and that bad experiences don’t last forever. And they learn that sadness and disappointment can be managed too, which is an important lesson to learn to take into adolescence and beyond, when life is full of ups and downs.

Helping them move on
Most children recover from such rejection. They move on and form constructive, worthwhile relationships but some children need help. They often take rejection personally, blaming themselves. As a parent it is useful to challenge children’s unhelpful thinking and encourage them to look for new friendship opportunities. Parents can help children understand that rejection may happen for any number of reasons that are unrelated to them.

In the course of a school day children will meet with a number of challenges and even setbacks. They may struggle with some schoolwork. They may not do well in a test and they may not be picked for a game that they wanted to play. Children grow stronger when they overcome their difficulties. The challenge for parents is to build and maintain children’s confidence levels to help them get through the rough times.

One way to help children deal with rejection and disappointment is to talk through problems or difficulties, recognising and accepting their feelings. Talk about various scenarios, discussing possible outcomes. The age of your child will determine the amount of detail. Keep things simple and avoid burdening a younger child with concepts he or she doesn’t understand. Your attitude as a parent can make a huge difference to how a child reacts. If you see rejection or disappointments as problems then your child will be hamstrung by this view. See them as challenges then your child, in all likelihood, will pick up your upbeat view and deal with disappointments easily. After all, confidence is catching!

To help children handle rejection and disappointment try the following four strategies:

1. **Model optimism.** Watch how you present the world to children, as they will pick up your view.
2. **Tell children how you handle disappointment and rejection.** Not only is it reassuring for children to know that their parents understand how they feel but they can learn a great deal by how their parents handle situations.
3. **Help children recognise times in the past when they bounced back from disappointment.** Help them recognise those same strategies can be used again.
4. **Laugh together.** Humour is a great coping mechanism. It helps put disappointment in perspective. It helps them understand that things will get better. They always do.

The stronger the wind the stronger the trees is the notion here. Supporting kids to handle life’s hurdles helps them to develop a lasting sense of resilience, which is essential for good mental and emotional health.
Congratulations to the following children who have been selected by their grade to represent them on the Junior School Council. All the representatives will be introduced, by the School Captains, at the next Monday morning assembly.

1/2W – Lilah H
2/3H – Kenyon N and Tamara B
3/4B – Matthew L and Carla A
3/4S – Chris L and Lily H
5/6O – Hamish P and Morgandy W
5/6S – Loralei R and Ryan M

School Captains – Bethany M and Sam C

At our first meeting the children discussed, “Why do we have a Junior School Council and what is its role?” The children decided that the two main roles are to represent all the children so that students can have input into aspects of their school life and to help make the school run more smoothly.

The meeting then discussed, “What is expected from a member of the Junior School Council?” The children believed that they should be good role models to the other students, be polite and respectful towards both students and staff members and to listen carefully to suggestions made by their class mates.

It was interesting to listen to the suggestions made by the children and how they interacted with each other in discussing the pros and cons of each proposal. As with last year’s Council, I am definitely looking forward to working with this year’s Junior School Council.

Barb Heeney – Wellbeing Manager
On Friday the 20th of February the 3/4 classes joined the rest of the school in our beach day. The children were given a chance to explore the local sea life; they searched through the rock pools and found some interesting creatures such as crabs and sea stars.

Beach day is used as a way to begin our integrated unit topic for Term 1. Our topic revolves around different ways land is used in Victoria and the changes that have happened to our environment overtime. Exploring the beach gave students the opportunity to experience a different Victorian environment and begin to understand why preserving various environments is important. They could see first-hand the animals and plant life that needed the beach environment. The students were given the opportunity to write recounts explaining their amazing day at the beach and they produced some fantastic work.

Exploring Canadian Bay also provided our students with the chance to experience how environments change over time. After visiting the beach the students were shown photos of Canadian Bay before the 1960’s when the area looked quite different. Working together with our students we completed a Venn diagram displaying the changes over time to this area.
Frankston East Primary School
Mission Statement

To provide outstanding learning and welfare programs that meet the current and future needs and aspirations of our students.

Outcomes
To foster responsible citizenship and create a love for lifelong learning.
To foster the development of self-esteem and resilience.

Values
Caring    Fairness    Sharing
Enjoyment    Enthusiasm    Passion
Tolerance    Respect    Honesty    Integrity
Innovation    Flexibility    Vision

Harmony
Honour and Truth

Behaviours
At Frankston East Primary School:

❖ everyone has the right to enjoy learning in a safe and caring environment.

❖ everyone has the right to be treated with tolerance, sensitivity, respect and honesty.

❖ we accept individual differences in every way and celebrate these.

❖ we are committed to teaching, learning and working together as a community.

❖ we have the ability to respond and adapt to a changing society

❖ we believe that fun is part of learning