Dear Parent/Guardians,

Track events
We participated in the District Track Events on April 22nd at Ballam Park. The kids had a great day and performed well with some ribbons coming home and some personal best performances. The team represented us well.

Mother’s Day
We hope all the mums out there had a great Mother’s Day on Sunday and you were spoilt by your families. The kids were very excited at the stall we had on Friday. The PFA worked hard to get all the gifts together for the stall and there was a great variety to choose from. Many thanks to the members of the PFA for putting all the gifts together, organising the raffle and selling on the day. Thank you also to those families who also donated gifts to the Mother’s Day Raffle. We raised a total of $825.65 from the raffle and stall. This year we are going to use this money to purchase some board games for the kids to use at different times through out the day.

Year 3-6 House Cross Country
Our House Cross Country was postponed on Friday April 29 due to wet weather and was moved to Tuesday May 3rd as we had the cricket clinics on Monday. The Year 3-6 students did really well on the day earning points for their houses for finishing their event. The students that made the benchmark times for their age groups will form the District Cross Country Squad to run at Woodleigh on the 20th of May.
Education Week - Science Night
Next week is Education Week across the State. We will be holding a Science Night on Wednesday 18/5/2016 in the classrooms around the school. We hope you can join us in the school hall at 6:30pm for a short performance from the School Choir then we will move off to classrooms around the school. Each family will have a passport to record their journey and there will be a prize draw at the end of the night after 7:30pm. Some of the things you will be able to explore include:

- Bugs
- Flight
- Colour/light/sound
- Chemistry

We hope you can join us for a fun night.

Education Week - Performing Arts @ The Hub
With Education Week fast approaching, the school choir have been practicing over the last few weeks with their big performance at Karingal Hub now within sight. They will be taking Centre Stage on Thursday May 19th around 11am and will be performing in front of the general public. A huge thank you to Mrs Hosking and Mrs Mortimer for volunteering their time as parents to work with the 60 strong choir and Mr Marsh and Miss Brown for giving up their lunchtime to also work with them. The school band is also going really well and are ready for their big performance at The Hub. I would like to thank Mr Fisher for volunteering his time as a grandparent to work alongside Mr Marsh and the school band. They have also been giving some groups of students lessons during lunchtime. The kindness and generosity of the volunteers around our school is greatly appreciated and without it, we would not be able to provide such a wide range of extracurricular activities.

Large Chess Set
We recently purchased a large chess set that can be used by students in the playground. We have been setting it up on the grass area near the Year 3-6 playground at lunchtimes and a number of students have been playing and watching the game as it progresses. It’s great listening to the kids explain to each other how to play the game. Thanks to Sam and Mac for organising the equipment each day.

Until next time,

Brian McFall (Principal)
This article makes for very interesting reading and helps to explain the two main thought processes when dealing with our children – fight or flight as against reason and logic.

The Trick to Being at Your Parenting Best

By Michael Grose

Parenting is place of great joy, but it’s also a place of great struggle.

We struggle with our role as it is constantly evolving and changing.

We struggle with external factors such as the changing face of technology and its impact on kids’ daily lives.

We struggle with factors we can’t control such as the messages kids get from the media and their peers that we rather they didn’t receive.

But the biggest struggle for most of us happens within the grey matter between our ears. It’s the battle that goes on between our lizard brain (where the fight or flight response occurs) and our pre-frontal cortex (where reasoning and calculation) occurs.

The pre-frontal cortex (put your hand on your forehead and you’re there) is a cool, calm and rational place. This article is being written from that space. The lizard brain sits way back in the middle of our brain and is programmed to take over from our pre-frontal cortex when we’re under threat or stress. If I took a phone call about an imminent bomb threat while writing this article my lizard brain would take over and I’d be out of my office in a heartbeat. Writing would become impossible, not to say stupid! Thank goodness for our lizard brain. When I’m safe and feeling calm my pre-frontal cortex can do its rational thing once more. This system has served us well, keeping us safe for an eternity.

Unfortunately our lizard brain, the simple creature that it is, can’t differentiate between a significantly stressful situation such as a bomb threat and an everyday stressor such as a noisy sibling fight that occurs right under our nose. Our limbic system responds in exactly the same way – the lizard brain takes over from our pre-frontal cortex so you’ll either fight (argue, yell, lash out) or flee (get away fast) regardless of the stress. Both situations would elicit the same type of physical response such as an increase in heartbeat, sweaty palms and shortness of breath. Only the severity and intensity of the response is different.

So the great struggle for many parents, and also the great irony, is that when we need to be at our parenting best (when we’re responding to poor behaviour or a child’s genuine cries for help) our lizard brain often takes over and we’re at our parenting worst.

That’s why most of us know how we want to respond and communicate with our kids when we’re calm but when we are under intense pressure not only can’t we find the words we need but we lose our cool as well!

The good news is your lizard brain can be tricked into working for you, not against you. It takes patience and practice. Here’s how.

1. Recognise the situations and the symptoms

Self-knowledge is the best knowledge you can have. When you understand the situations that cause you stress and bring you quickly to high emotion then you can prepare yourself in advance for such situations. Also when you understand your typical physiological responses you are well positioned to control your responses. Our physical
responses vary. I generally feel nauseous; become physically agitated and my breath gets very high in my chest when I’m under intense stress. Knowing this has been a huge help to me staying calm in situations where I used to over-react.

2. Train yourself to STOP!

The lizard brain wants you to act fast – to get away, to lash out, to defend yourself - when you’re under threat or stress. So going against this natural urge is a challenge but it can be done. Develop the habit of doing nothing when you find yourself under parenting stress. STOP rather than act impulsively. Don’t let the lizard-brain win!

3. Step away and breathe

Deep nasal breathing is the quickest way to bring down your physical symptoms and rein in negative thoughts that feed your lizard brain. Step away or turn slightly away from the stressful situation to help you breathe slowly and deeply.

4. Think of your Best parenting self

Inspire your pre-frontal cortex to trump your lizard brain by activating an image of your ‘best’ or ‘ideal’ self as a parent. First you need to work out when you’re at your parenting best – it maybe when you’re patient, caring, loving and calm. Your “Best Parenting Self” is the motivator to help you refrain from making emotional responses that you’ll regret later.

5. Now act!

Now that you’re pre-frontal cortex is winning again it’s time to think of the best possible response to a tricky parenting situation – which may be to ignore behaviour; use appropriate language or just listen calmly when your child is in distress.

So how often does your lizard brain win when you experience parenting stress. If it always comes out on top then you’ll find it hard to parent as you’d like. You’ll be fighting your limbic system as well as your kids. Get it under control and you’ll be better placed to respond to your kids as you’d like to in the cool, calm light of day.

Barb Heeney – Student Wellbeing Manager

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Composting and worm farming master classes
Saturday 21st May
Composting 9:30—10:30am
Worm farming 11am —12pm
Ebdale Community Hub and Learning Centre,
20 Ebdale Street, Frankston
Learn how to be a super composter or worm farmer and drastically reduce your household waste.
School Choir

It’s all happening this month!!!!

May 15th – 21st is Education Week and FEPS Harmony, along with our school band has been given the wonderful opportunity to perform at Karingal Hub Shopping Centre.

We will be there on Thursday 19th May, from 11:00am to 11:30am. Hope you can come down and show your support.

You’ll also be able to see us perform in the school hall on Wednesday 18th May at the commencement of Open night at 6:30pm.

We are very proud to present Charli Murphy 4/5W and Jaxton Engel 3/4B with our Choir Members of the Month awards for April 2016. Charli Murphy stepped up confidently and enthusiastically into a lead role in the choir and Jaxton is a very happy member of our choir who participates willingly and has attended every choir practice. Congratulations Charli & Jaxton, keep up the great work!


PS. Don’t forget our Challenge fundraiser “A day in May” on Thursday 26th May. For a gold coin donation, all students are invited to come to school dressed as their favourite Rock Star, Singer, Band member or even just a music fan.

Until next time........FEPS Harmony

Happy Birthday

May 11th
Chloe F. 1/2B

May 12th
Emma L. 1/2S

May 17th
Andjelija S. 3/4B

Jackie R.-H. 5/6O

Have fun and support music opportunities for kids with cancer!

On Thursday 26th May, our school can help make a difference to the lives of Aussie children and families living with cancer by holding ‘A Day in May’.

Come to school dressed as your favourite ROCKSTAR, singer or band member, in return for a gold coin donation.

All funds raised go towards Challenge’s Musical Moments Trust.
On Friday 6th May, the Prep to 2 children had a visit from Kim and her dog Shakira. We learnt how to be safe around dogs.

If your friend has a dog and you would like to pat it. Stop 1 meter from the dog.

Ask if you may pat the dog?

If the answer is yes, make a fist with your thumb tucked in. Approach calmly and put the back of your fist towards the dog so that the dog can sniff it.

Walk to the side of the dog and pat it gently on its back.
Healthy lunchbox ideas

Try these tasty recipes and reward your kids with a delicious and healthy lunchbox treat!

Lunchbox pies (makes 6)

- 1 1/4 cup frozen veggies (peas, carrots & corn)
- 100g lean ham cut into small pieces
- 5 eggs
- 1 cup grated low fat cheese
- 1 cup self-raising flour
- 1 tsp dried mixed herbs

1) Preheat an oven to 180C. Line a muffin pan with baking paper or muffin wrappers.
2) Whisk eggs in a bowl. Add other ingredients and mix until well combined.
3) Spoon the mixture into muffin pan and bake for 30 min.
4) Remove from oven and allow to cool.

These can be served warm or refrigerated.

Tuna pasta salad (serves 4)

- 200g canned corn kernels (1/4 400g can)
- 250g pasta (farfalle, penne, spirals, elbow, etc)
- 1 tomato, chopped in small pieces
- 1 carrot, grated
- 1 cucumber, chopped in small pieces
- 425g can tuna in oil

1) Cook pasta as per packet directions, drain and rinse with cold water
2) Add all other ingredients
3) Toss through until everything is mixed evenly and refrigerate until ready to serve.

Serve salad in an air tight container and make sure you include an ice pack in the lunchbox to keep it cool.

For more recipes go to www.freshforkids.com.au

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Our Purpose:

To provide the Frankston East Community with a friendly and dynamic learning environment that engages students who work to achieve their personal best in an atmosphere of mutual respect and cooperation.

Frankston East Primary School promotes itself as an “Established School with Modern Ideas, based on Traditional Values”

We value:

<table>
<thead>
<tr>
<th>Value</th>
<th>Description</th>
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<tbody>
<tr>
<td>RESPECT</td>
<td>We respect the rights of each other and our environment.</td>
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<tr>
<td>TOLERANCE</td>
<td>We accept individual differences in every way.</td>
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<tr>
<td>EDUCATIONAL EXCELLENCE</td>
<td>We believe in the right of every child to excel to their personal best.</td>
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<tr>
<td>CONFIDENCE</td>
<td>We instil in the child the confidence to approach the unknown.</td>
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<tr>
<td>COMMUNITY INTERACTION</td>
<td>We encourage honest and open community interaction and involvement</td>
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<tr>
<td>FUN</td>
<td>We never lose sight of the fun and enjoyment of learning.</td>
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<tr>
<td>MUSICAL APPRECIATION</td>
<td>We incorporate musical awareness, appreciation and performance throughout our programs.</td>
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<tr>
<td>SPORTING INVOLVEMENT</td>
<td>Sporting involvement at all ages provides a wonderful insight into the development of people skills</td>
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