Dear Parent/Guardians,

Welcome back to the start of Term 2 everyone. We hope you have all had a good Easter break and that the Easter Bunny paid you a visit. At the end of last term we presented the Aussie of the Month and this is the first opportunity we have had to publish it.

Tamika is a kind and considerate class member. She is cheerful and has a great smile. She is very helpful and often does jobs around the classroom without being asked. Tamika tries very hard with all her work and completes work to a high standard. Tamika completes extra work at home. She is a great role model for her peers. Well done Tamika.

I Love Frankston
On Wednesday March 23rd, the Mayor of the City of Frankston visited our school to judge the ‘I Love Frankston’ colouring competition that our Year P-2 students participated in. Cr Dooley was very impressed with the quality of worked presented by our students. He had a difficult job selecting the winners.

Commonwealth Bank visit
Karen and ‘Pat’ the dog visited from the Commonwealth Bank at assembly on Monday morning. There were a few giveaways for kids who were able to answer the student banking questions. Student Banking is a great way to develop good saving habits from an early age. These accounts are fee free; deposits can be as little as 5 cents; and students gather tokens for making deposits which give them access to prizes. Finally, the bank are running a competition with a prize of a family trip to Australia Zoo. All that is required to be entered into the draw is to make 15 deposits from now until the end of Term 3 (Karen did make a mistake at assembly saying it was 30 deposits).

Attendance
Our Skoolbag App is going from strength to strength with a total of 319 downloads so far. One of the newer features in the app is the ability to notify the school of your child’s absence from school. Alternatively parents/guardians can phone the school directly on 9789 9552. We ask, if possible, for parents/guardians to contact the school first thing in the morning to notify us of an absence. The Skoolbag App can be used anytime and the school office is open from 8.30am each day. Below, are some screen shots from the App:

Commonwealth Bank visit

We have a busy term ahead of us and we are looking forward to working with your children throughout Term 2.

Until next time,
Brian
Brian McFall (Principal)
Student of the Week
Monday 18th April

PM—Ella M.—For her fabulous work on her most commonly used words.

1/2S—Iysis P.—For working hard in the classroom.

1/2H—Ryan P.—For being a helpful class member.

1/2B—Lilly F.—For working really hard in the classroom.

3/4B—Vanessa B.—For always trying her hardest and helping others.

3/4H—Te Haeta T.—For working extremely hard in writing.

4/5W—Jessica M.—For her positive attitude to learning and always working to the best of her ability.

5/6O—Isobel C.—For an outstanding effort in completing all her set tasks.

5/6S—Mitchell B.—For setting a fine example for younger students in the yard.

Uniform Shop
Operating Hours

The operating hours are:

TUESDAY – 3:15pm – 3:45am
FRIDAY - 8:45 – 9:15am and 3:15 – 3:45pm
Following discussions with some of our parents, this week I have included additional information on strategies to help you deal with your child if they are showing signs of ongoing anxiety. Michael Grose provides some excellent insights on the role that anxiety plays in everyday situations and how to address them.

Easing Children’s Anxiety

Anxiety is normal and part of everyday life. There’s no better time than childhood for learning how to cope with anxiety.

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. “Come on, get on with it,” seems so obvious. Of course, this response is nowhere near adequate.

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralysing. Some kids simply can’t stop their ‘bad thoughts and feelings’. They can’t silence the voice of fear that whispers to them continually.

Staying calm

Anxiety is a normal part of life and can be managed, but it takes time. It’s also contagious so it’s the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

Calm is created through your words, voice and facial expression. When children become anxious, help them recognise what’s happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

Accept your child’s anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It’s hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Is a child being negative when she doesn’t want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be catastrophising. If you feel there is reason for concern, help them to overcome their anxiety.

Challenge the validity of your child’s fears and anxiety, using logic and rational thinking. Don’t allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

Making a plan

Encourage your child to overcome their anxiety through action. Vanessa came up with a creative solution to help Ruth, her seven-year-old daughter, overcome her reluctance to attend birthday parties without her. Initially Vanessa attended parties with her daughter so she wouldn’t miss out, but Ruth was becoming too reliant on her, so it was time to make a change.

The next time Ruth was invited to a party, Vanessa put a plan into action. First, she set up a little birthday party scenario at home using dolls and teddies as friends, so her daughter would know what to expect. Vanessa explained that she would leave her at the party for a short time. Vanessa let her daughter know that she had no doubt that she’d cope. The little plan worked a treat. Vanessa arrived at
the party an hour after the start to find Ruth involved in a game. She acknowledged her mum, but she didn’t leave the game. Later, at home Vanessa made a fuss over her daughter for being brave. Ruth agreed that next time she was invited to a party she would go for the whole time without her mum.

Anxiety is normal, and part of everyday life. However, it can be debilitating unless it’s managed. Anxiety management takes time for kids to learn, but it’s one of those valuable life skills that parents can teach their kids.

I hope all of you had an enjoyable time with your children over the last two weeks and they are now rested and ready for an exciting Term 2.

Barb Heeney – Student Wellbeing Manager
School Choir

School Choir

FEPS Harmony would like to give a huge thank you to all the families and friends who came to watch and support our choir at the last assembly for Term 1. We were super proud of all choir members, who put on a fantastic performance and we were really pleased with all the positive feedback we received. If you didn’t get a chance to see us last term, check out the video on www.youtube.com/user/FEPStv

We are very proud to present Ryan P. 1/2H and Kobey E. 4/5W with our Choir Members of the Month awards for March 2016. Ryan did some great practising to learn his song words last term and Kobey has shown great commitment and enthusiasm during choir practices. Congratulations Ryan and Kobey, keep up the great work!

We would also like to congratulate the following choir members on receiving their attendance awards for 5 lessons; Coby B., Logan R., Michael F., Charli G., Codie W. & Bailee G.

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

Happy Birthday

Apr. 13th Lachlan S. 3/4H
Nyamal M. 3/4B
Apr. 17th Tye S. 1/2H
Maylan V. 1/2B
Apr. 19th Chris P. 1/2H
Ruby G. 3/4H

PREMIER’S READING CHALLENGE

It is that time of year again. The P.R.C. which was so successful last year, has begun.

An explanatory letter and permission notice have been sent home with your child. Please sign ASAP and return to your class teacher.

We are looking for a 100% participation and success rate this year and it would be great for all our children to receive a certificate and see their name in the online honour roll.

Barb Heeney

Student Attendance

Percentage of students at school
95.1%
Percentage of students on time
93.7%
Develop the confidence of a winning smile

Crooked teeth? Bad bite? Get professional advice from a specialist orthodontist today. Free initial visit. No referral needed.

interested in playing soccer?
No Experience Necessary
Frankston Pines Football Club (soccer)
Monterey Boulevard
Frankston North
Training - Wed 5:30-6:30pm
For all enquiries, contact Pip Hodgson on 0410 581 757
website:- www.frankstonpines.com

MENTONE FRANKSTON 9585 8000

GROUP FITNESS
FEATURING
SIMPLE BUT SERIOUSLY
HOT HIP HOP
MOVES.
SHAPE UP & RELEASE YOUR INNER
SASS
EVEN IF DANCE ISN'T USUALLY YOUR THING

KIDS & ADULT CLASSES AVAILABLE
239A BEACH STREET
FRANKSTON
ABOVE THE STIHL SHOP

burn to the beat
Resourceful Gardening—Friday 15 April
10:00-11:30am. Frankston Library
60 Playne Street, Frankston
Revitalise your garden with great tips for creating superb compost, soil and vegie gardens

Native Gardening for Wildlife
Saturday 7th May, 9:30-11:30am
Frankston South Community & Recreation Centre
55 Towerhill Road
Discover how you can transform your backyard into a beautiful wildlife haven.
Frankston East Primary School

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>RESPECT</th>
<th>We respect the rights of each other and our environment.</th>
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<tbody>
<tr>
<td>TOLERANCE</td>
<td>We accept individual differences in every way.</td>
</tr>
<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>
</tr>
<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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