Dear Parent/Guardians,

**Year 3/4 puppet show**
Our Year 3/4 students attended a puppet performance on Monday in the school hall from the Don’t Move Puppet Theatre. At the conclusion of the show, the students were shown how the puppets were made, the use of backdrops and props, sound and lighting and how the entire show was created. As a follow up, the kids had an opportunity make their own puppets. The whole workshop was fantastic and John kept the kids engaged throughout the session.

**The Olympic Games**
Former student playing for Australia in the Aussie basketball team...

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**Athlete Biography**
David Andersen will earn a slice of history in Rio by becoming one of only eight Australian men’s basketballers to appear at four Olympic Games.

The 7-footer from Melbourne began playing basketball at Frankston East Primary School and after impressing in the junior ranks moved to Canberra to join the AIS. He would join the Wollongong Hawks in the NBL for a season before beginning to play in Italy.

After breaking into the senior national side in 2003 he made his Olympic debut at the 2004 Athens Games where Australia finished ninth. He would play the majority of the next four years in Russia, where he won three national titles and two Euroleague Championships, before moving on to play for Barcelona. He would again be a part of the Australian side that competed at the Beijing 2008 Games where the side finished in 7th.

His superb form did not go unnoticed with the Houston Rockets trading for him and then buying out his Barcelona contract after a decade in Europe. He made his NBA debut in 2009 and went on to play 103 games in the NBA with the Rockets, the Toronto Raptors and the New Orleans Hornets across two seasons.

With Andrew Bogut on the sidelines, Andersen became the starting centre for the Australian side and went on to produce his best Games performance at London 2012 averaging 12 points and 6 rebounds in just over 25 minutes per game. The Aussies were eventually knocked out of the competition by the US side in the quarter-finals.

He has since played in Italy, Turkey and won the 2016 French title with ASVEL Lyon-Villeurbanne.

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**Coming Events**

**Term 3 2016**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Wed. 17/8</td>
<td>Whole School Opera Performance @ Karingal Place</td>
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<tr>
<td>Fri. 19/8</td>
<td>Pupil Free Day</td>
</tr>
<tr>
<td>Mon. 22-26/8</td>
<td>Book Week</td>
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<tr>
<td>Tue. 23/8</td>
<td>Book Character Parade</td>
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<tr>
<td>Wed. 24/8</td>
<td>Moonlight Sanctuary Excursion—Grades 1/2B, 1/2H, 1/2S</td>
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<tr>
<td>Fri. 26/8</td>
<td>Basketball Lightning Premiership</td>
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<tr>
<td>Thur. 8/9</td>
<td>School Council 7:00pm</td>
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<tr>
<td>Wed. 14/9</td>
<td>FEAST Rehearsal</td>
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<tr>
<td>Fri. 16/9</td>
<td>End Of Term</td>
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<td></td>
<td>Special Lunch</td>
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<td>Students dismissed at 2:30pm</td>
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**Whole School Opera Performance**
The whole school had an opportunity to attend the opera held at Karingal Place today. The kids really enjoyed this experience. It was also great to see the local schools in the Karingal area working in partnership to provide this experience for our students.

**Fruit tree grove**
We are currently preparing a small space in the playground on Mena St to plant some fruit trees. We will be using the espalier method which is to train the trees to grow on a framework. Construction has begun on the framework and the trees should go in within the next couple of weeks.

Until next time,

Brian McFall (Principal)
**Student of the Week**  
Monday 22nd August

PM—Loukas W.—For always trying to do his best.

1/2S—Max H.—For working hard in class.

1/2H—Trinity V.—For being a very friendly class mate.

1/2B—Kane S.—For being a good listener and leader in P.E.


3/4H—Frankie R.—For great puppet making.

4/5W—Chloe M.—For her excellent thinking during our Algebra Maths topic.

5/6S—Hally-Rose T.—For being a persistent and well mannered student.

5/6O—Jack C.—For being a reliable well mannered student.

**Book Week**  
22nd to 26th August.

**Book Character Parade**

As part of our Book Week celebrations this year we will hold a Book Character Parade on Tuesday the 23rd of August at 9.15 in the hall.

Come dressed as your favorite book character or book. Last year we had some amazing costumes from Harry Potter to the Cat in The Hat. So be creative and recycle and reuse. Please do not buy new items.

**Book Fair**

The annual Scholastic Book Fair will be held during book week in the conference room near the office. There will be many books, posters, variety items and special packs available from as low as $1.00.

Every year it is great to see so many children with happy smiling faces enjoying a new book.

Proceeds from the book fair go to stock up our school library with new books.

The book fair will be open before school at 8.45 am and after school from 3.30 to 4.00pm. Mon to Thursday of Book Week.

Children will also be able to visit the Book Fair at recess and lunchtimes.

Thank you and Happy Reading.

Jenny Hoyne

**School Choir**

We would like to congratulate the following choir members on receiving attendance awards for;

20 lessons
Belinda A., Ceasar, , Frankie R.

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

**Student Attendance**

Percentage of students at school  
91.5%

Percentage of students on time  
92.7%
How Can I Raise an Unspoilt Child?

The following article was published in The Age and was originally published in The Telegraph in London in 2016. It was written by Linda Blair a clinical psychologist and it raises some interesting points based on a well-known study in the 1960s. Although this particular study was conducted many years ago it is still referred to by modern day psychologists.

“No one wants to have – or be around – demanding, selfish, spoiled children; those who throw tantrums or sulk when they’re not given everything they want immediately.

Paradoxically, the parents of such children encourage this demanding behaviour in the mistaken belief that if they give their children everything they can, their children will be happy.

Perhaps in the very short term, they’re right. In the longer term, however, such children end up lonely, dependent, chronically dissatisfied and resentful of the parents who tried so hard to please them. How can parents raise happy children; individuals who are self-confident, capable and likeable rather than spoiled and miserable?

Some suggestions:

Rather than giving them material goods, give the most valuable gift of all – your loving attention. The quantity of time you spend together is less important than the content of that time.

Instead of instantly gratifying their wishes, help them to work out a plan to earn things they’d like to have. It teaches them to value their effort as well as what it achieves.

Allow them to enjoy anticipation. Children who learn to wait for things they desire are more likely to succeed in a number of ways later in life, as the psychologist who created “the Marshmallow Test”, showed.

In the 1960s, Walter Mischel conducted a series of experiments in which he gave three-to-six year old children a choice. Either they could have one small reward (a marshmallow, cookie or pretzel) immediately, or if they waited 15 minutes, they could have two. The children have been followed up many times since and researchers have found that those who chose to delay gratification are now more academically successful, have greater self-worth and even tend to be healthier.

If they fail, encourage your children to keep trying rather than to give up, as long as you believe they really want the result. This teaches resilience, which is associated with greater success and satisfaction academically, financially and in personal relationships.

Focus on and praise their efforts, even more than their achievements. This teaches children to live more mindfully; more in the present.

Set clear guidelines and remain consistent, particularly during disagreements. This allows them to feel safe and to understand how to maintain boundaries themselves.

Encourage them to look at life from other points of view. This teaches compassion and empathy.

Have a great week.

Barb Heeney – Student Wellbeing Manager

The Voice of Frankston

On Monday 22nd August we have Cail Baroni coming to perform at our school assembly.

Cail won The Voice of Frankston in 2013, he has also been a judge and mentor for applicants ever since.
FRANKSTON EAST

GYMNASTICS PROGRAM
We discovered some new muscles.....

Good balancing Miranda!

.....and this wasn’t as easy as it looked.
Happy Birthday

Aug. 17th  Monique S.  5/6O
Aug. 18th  Tyreece B.  3/4H
Aug. 19th  Patricia R.  1/2H
Aug. 20th  Bethany W.  5/6S
Aug. 22nd  Shayla L.  1/2B

Peninsula Health Children’s Services

Peninsula Health Children’s Services are for children with mild – moderate delays who live in Frankston or the Mornington Peninsula. The Children Services Team support children getting to their full potential by providing developmentally appropriate activities and strategies. They are part of broader services at Community Health for the whole community.

Services include:
- Speech Pathology - For children up until entry to school
- Physiotherapy – For children with developmental issues up until entry to school. For other issues, all ages can access.
- Occupational Therapy – For developmental issues up until to prep
- Psychology/Counselling
- Podiatry – All ages
- Dietetics – All ages
- Audiology – 9 months – 18 years
- Speech Pathology – From entry to school

Children are eligible for services if they demonstrate concerns in one or more of the following areas of their development:
- Communication
- Gross motor
- Social, emotional or behaviour
- Sensory Processing
- Fine motor Skills
- Food or leg
- Dietary
- Hearing

To book an appointment with the Peninsula Health Children’s Services, phone 1300 865 781.

Pupil Free Day—Gravity Zone

If students/parents simply mention the name of our school the staff at Gravity Zone they have a super special price of $16.00 for two hours jumping or $25.00 for two hours jumping and laser tag or stay all day for these prices.

You will need
supermarket advertisements from newspapers
scissors

What to do
1. Find supermarket advertisements in the newspaper, or from your letterbox.
2. Cut out each item with its price.
3. Sort the items according to price:
   a) cost less than $1.00
   b) cost between $1.00 and $4.00
   c) cost between $2.00 and $5.00
4. Which is the largest pile?
5. Add up the prices in this pile.

WHERE’S THE MATHS?
Finding data, ranking in order; understanding the comparative values of objects; adding.
Once a day, twice a day, all day!

Protect your teeth and follow these simple steps to set yourself and your family up for good oral health.

1. Floss every day
   - Build flossing into your daily routine to protect your mouth from decay.
   - Flossing helps to get food out from between your teeth.

2. Brush twice a day
   - Brush your teeth at least twice a day.
   - Help younger children under the age of 6 to brush their teeth. It helps for a better clean and reaches all the tricky areas children may miss.
   - Children only need a pea-sized amount of toothpaste.
   - Children under six years old should use low-calcium fluoride toothpaste.

3. Drink tap water all day
   - Tap water is best for your teeth.
   - Fluoride is added to tap water to help protect your teeth.
   - Drinking tap water regularly will neutralise the acid on your teeth.
   - This will help repair developing cavities.

Annual dental checks are a great way to keep up good oral health habits. To book in your next dental check, visit: www.peninsulahealth.org.au

GUITAR & PIANO LESSONS

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Free initial visit. No referral needed.
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>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>
</tr>
<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>
</tr>
<tr>
<td>CONFIDENCE</td>
<td>We instil in the child the confidence to approach the unknown.</td>
</tr>
<tr>
<td>COMMUNITY INTERACTION</td>
<td>We encourage honest and open community interaction and involvement</td>
</tr>
<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>
</tr>
<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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