Dear Parents and Friends

Policy Updates
School Council met last Thursday night and has updated and approved a number of policies. These policies are all available on the school website at: http://www.frankstoneastps.vic.edu.au/Policies/Policies.html

The policies include:
- English Policy
- Head Lice Policy
- Homework Policy
- Mathematics Policy
- Reporting Policy
- Uniform Policy

This week with the newsletter, we have included the Homework Policy for your information.

Mathletics
Recently we received some awards from Mathletics for three students who had achieved Top Results so far in 2015. Over the remainder of the year will be highlighting some of our students and classes for a variety of different awards. At assembly on Monday, we presented an award to the three students who had the highest participation rate over the last week.

Congratulations
Angus G
Chloe F
Jackie R
For achieving the HIGHEST PARTICIPATION RATE last week

Skoolbag
The uptake of the Skoolbag app within the school community is growing rapidly with a total of 260 devices having the app installed now. There are 180 Apple devices and 80 Android devices in total. Skoolbag have now released a Windows version of the app which can be downloaded for free from the Windows Store. We encourage you to download the app as it provides a quick and easy way for the school to communicate with the wider school community.

Next week our annual celebration of Book Week commences. As we have in the past, we will be holding the Book Fair during this time which is a great opportunity for the kids to buy some great books at very reasonable prices. Scholastic always provide us with a great range of books for the kids to choose from.

On Friday the 28th of August, we will be holding a whole school Book Character Parade. So start thinking about how you can dress up as your favourite book character.

 Acting Principal

I will be taking Long Service Leave from Monday August 24th until the end of Term 3. Mrs Heeney will be the Acting Principal during my leave and she will continue our work during the term. I look forward to catching up with everyone at the beginning of Term 4.

Have a great week,

Brian McFall (Principal)
Student of the Week

Monday 24th August

P/1M—Kenneth R.—For working hard on sounding out words when he is reading.

P/1S—Gabby B.—For great perseverance with an injured thumb.

1/2W—Lachlan S.—For working on improving his fluency when reading.

2/3H—Mia R.—For always reading beautifully in group time.


3/4S—Ruby G.—For reading beautifully with Mrs Dunkley.

5/6O—Keanu F.—For some fabulous comprehension work on Reading Eggs.

5/6S—Mitchell B.—For some fantastic comprehension work on Reading Eggs.

Happy Birthday

Aug. 19th Patricia R. 1/2W
Aug. 20th Bethany W. 5/6S
Aug. 22nd Shayla L. 1/2W

JUMP ROPE for HEART

On the 31st August at Monday morning assembly some students will demonstrate jump rope skills both individually and in groups.

This is in readiness for the Jump Off which will be held on Tuesday 1st September.

Jill Stanszus

Bay Views
Newsletter

Student Attendance
last week

Percentage of students at school 88.2%
Percentage of students on time 90.4%
**BOOK WEEK & CHARACTER PARADE**

Next week we celebrate 70 years of Children’s Book Week. The theme is Books Light Up Our World.

We will hold a Book Character Parade on Friday 2nd September at 9:30am in the hall. Please come dressed as your favourite book character. Parents and family members are invited to attend.

**Book Fair**

Our Annual Scholastic Book Fair will be held in the Conference Room. It will be open at 8:45am—9:00am and 3:30pm—3:45pm. Children will be able to buy at recess and lunch time as well. There is a variety of books and small items starting at $1.00. All proceeds go to our school library. There will be a door prize for all book purchases and a free book mark.

Thanks, Jenny Hoyne

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**Uniform Shop Operating Hours**

The operating hours are:

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

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**Maths Share**

**Number plates**

- **L59**

**You will need**

- car number plates
- counters or buttons
- Your Page and a pencil

**What to do**

Look at the digits on the number plate of your car. Write them down and add them up using your counters. (If your family does not have a car, look at a number plate in the street, or when you go shopping.)

Add up the digits on another number plate.

Does the second car total more than your car number plate?

**If there is time:**

What is the difference between the two totals?
Write it in on Your Page.

**WHERE’S THE MATHS?**

Practical number skills.

**HINTS FOR PARENTS**

This can also be done as a mental arithmetic activity if your child is ready for it. Encourage your child to notice unusual or memorable number plates while you are driving or at the shops.
15 Healthy Ways to Manage Emotions (Based on an article by Michael Grose)

Here are 15 healthy ways to manage your emotions that you can pass on to your children:

What training did you get from your parents in managing emotions?

If you are like me, you didn’t get much really constructive help in recognising or regulating feelings.

“Don’t worry! It will all turn out right!” was about the extent of the emotional management in my house.

I guess that’s why many people automatically default to ineffective ways to manage difficult emotions as adults.

Ineffective ways such as:

1. Avoidance: “I’m okay, really!”
2. Denial: “Nothing wrong with me!”
3. Wishful thinking: “She’ll be right!”
4. Worry: “What if….”
5. Self-denigration: “What do you expect? I’m a loser!”
6. Blaming others: “She makes me feel so mad!”
7. Acting out (also abusing alcohol and other drugs): “Come here you! I’ll show you ….”

And they pass those same ineffective methods on to their children. Anxiety (a legitimate feeling), anger (also legitimate) and apathy (not a recommended state) are now at epidemic proportions among children and young people, even though we live in affluent times.

Here are 15 healthy ways to manage your emotions that you can pass on to your children:

Quick strategies

1. Breathe deeply
   The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight) count to 3 quietly while breathing through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little ‘heady’, which indicates deep (and low) breathing.

2. Find a favourite relaxation exercise
   There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can’t help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax. Choose one or two and use them.

3. Use a positive reappraisal
   Sometimes known as positive reframing, positive reappraisal is a simple technique you can use to help you look at a situation or event in a different light. Emotions are caused not by an event, but by the way we look at an event. A wedding speech to one person is a chance to strut your stuff (so they feel excited), while someone else may see it at as a nightmare (so they feel anxious). Change the way you view something and you’ll better be able to manage your emotional response. “This is a
challenge, not a problem” is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

4. Use positive, REALISTIC self-talk
Ever talked yourself out of doing something exciting, new or challenging before you’ve even started? Maybe you’ve said something like: “I’ll never be able to do that.” “This will stress me out big time.” “I’m no good at….” “I know I have. I talk myself into feeling stressed out.

Next time you catch yourself talking yourself or something down replace the negative with something realistic but more positive. Something like, “I’ve done it in the past and I survived. So I should be able to do it again.”

Repeat this a few times and your emotional state will shift to a better one. You may not exactly be jumping over the moon with confidence but you will feel less stressed. That’s what emotional management is about.

5. Exercise
Exercise releases endorphins; nature’s feel-good chemical, which will move your mood to a better state. The paradox is that we often don’t feel like exercising, when we really need it. Let’s face it, when you come home from work tired and stressed, exercise is the last thing on your mind. BUT going for a run, walking the dog or even a playing a game outside with the kids is the very thing you need to feel better.

6. Distract yourself
A healthy distraction such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions. It’s a highly recommended strategy for natural worriers! It’s amazing how much better a situation will seem after a short break.

Longer term strategies

7. Have constructive habits and hobbies
One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up, making life enjoyable. Single-tracked lives— all work and no play – are recipes for emotional disasters. If you can relate to this, then I suggest you take the time to find a hobby or interest that juices you up.

8. Make physical activity a habit
How much do you move during the day? 10,000 steps a day is related to good physical and mental health. This was relatively easy to do before modern transport made walking largely redundant as a mode of transport. Now we have to purposefully exercise if we are going to getting anywhere near to close to the amount we need for optimum mental and physical health. Daily walks, regular swims, playing team and individual sports are all great mood shifters we need to incorporate into our lives.

9. Meditate to stop those thoughts
If you struggle to close down the thoughts that race through your brain, then meditation will offer you the relief you need. Living with a brain that never seems to close down, or at least never stops ruminating and examining all sorts of scenarios can be exhausting robbing you of huge amounts of emotional energy. Alcohol is one solution, but not necessarily healthy. Parentingideas recommends meditation as a life skill that will help you balance your emotional state.

10. Let me entertain you!
Fun is an antidote to poor mental health. People who have no fun in their lives have no mechanism for pushing their moods into a positive direction. Music, television, and video games are all great forms of entertainment that help change moods. It’s unhealthy though to use entertainment as a permanent escape from the situation that caused unpleasant feelings in the first place.

11. Find spirituality or something bigger than you
It’s no coincidence that most sustainable cultures have an aspect of spirituality present- that is,
there is something or someone bigger than us present. As Western cultures have become more prosperous the place of religion specifically, and spirituality in general, has diminished. We are the poorer for it as we’ve become insular as individuals. If religion whether organised or unorganised is not your bag, then find a cause that inspires you and makes you feel significant through your contribution. Adding meaning to your life will help you make sense of difficult feelings, and importantly, keep the blue moments in perspective.

12. Modify the situation
Ever lay in bed stewing over a problem or situation and worked yourself into a real knot. Suddenly you feel overwhelmed. I’ve done this often. The best solution for me is to get to work on the problem, rather than stew over it. Plan that talk, make that difficult phone call, have that difficult conversation. Action is a great antidote to worry.

13. Change your goal
Sometimes our emotional state is giving us a message- that is, we are not on the right path. There are times when we set ourselves targets or aspire to goals that are unrealistic and unattainable. The result of our honest efforts is that we continuously feel overwhelmed, swamped and stressed. If this is the case, then maybe it’s time to reassess what you are trying to achieve so that you can more easily manage your emotional state.

14. Get support from others
Asking for help takes many forms. It may be simply having someone at work you can offload your worries to when needed through to joining a specific support group (such as a parent group of children on the spectrum) so that you can share your experiences and get validation for the frustration, stress or anxiousness you may be experiencing.

15. Seek professional counselling
We all get stuck from time to time by aspects of our lives, such as experiencing loss, transition or trauma. When this happens we need a professional who can help us take the steps needed to become ‘unstuck’. A well-known song by US singer Kenny Roger song went, “You’ve got to know when to hold ‘em, know when to fold ‘em and know when to walk away.” I’d like to add another line- “You’ve got to know when to get some help.” Seeking help is something we are getting better at as a community, but we still have a long way to go until it accepted and normalised.

Check out how many of these healthy emotional management techniques you currently practice. My guess is that you do many of these intuitively, but you weren’t aware that they are emotional management techniques.

What would you like your kids to say?
There are plenty of healthy ways to regulate our emotional states, but often we simply default to unhealthy, unhelpful ways out of habit or because we know no other ways.

If someone asked your children in thirty years to articulate the lessons they learned from you, hopefully they’ll be able to recount some of the right ways outlined above rather than pull out strategies from the 7 wrong ways list.

If you want to discuss any of this information or if you have any concerns please remember my door is always open and don’t forget there is a range of books in my office that provide interesting reading for all parents and may give you some valuable tips to help you with your child. These can be borrowed at any time.

Barb Heeney – Student Wellbeing Manager
The Dandenong Market- with 2/3H and 1/2W!

Yesterday 2/3H and 1/2W went on an excursion to the Dandenong Market. We have been learning about “How do we keep healthy?”, so as a part of our integrated topic we were lucky enough to go and visit the market. We saw lots of new fruits and vegetables, along with interesting spices, meats and seafood. We had a shopping list of items to find and purchase too. We will be preparing a healthy lunch with them on Wednesday. We all had an awesome time at the Dandenong Market!
HOMEWORK POLICY

Rationale:
- Homework benefits students by complementing classroom learning, fostering good study habits and providing an opportunity for students to be responsible for their own learning.

Aims:
- To support and extend classroom learning.
- To develop positive study habits.
- To develop a responsibility for self-learning.

Implementation:
- The school’s homework policy will be distributed to parents at the commencement of each school year.
- Year 3-6 students will be allocated with weekly homework tasks.
- Classroom teachers will set homework appropriate to each child’s skill level and age.
- Homework activities should be interesting, challenging and where appropriate, open-ended.
- Each set task must be purposeful, meaningful and relevant to the current classroom curriculum.
- All homework activities must be assessed with feedback and support provided by teachers.

Year Prep – 2
Homework will consist mainly of:
- reading activities to, with and by parents.
- simple extension tasks associated with classroom activities.
- gathering of additional information or materials.
  Homework will generally not exceed 30 minutes per day and will not be set on weekends or during holiday periods.

Year 3 – 6
Homework will consist mainly of:
- independent reading on a daily basis.
- tasks such as continuation of classroom work, projects and assignments and research.
  Homework will generally not exceed 45 minutes per day.

- It is acceptable for teachers to assign unfinished classroom activities as additional homework tasks.

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
Bay Views Newsletter

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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>
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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>
</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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