Dear Parent/Guardians,

We are back in to the swing of things after the term holidays and have been trying to keep warm after the cold snap over the last week. Please make sure your children have plenty of layers of clothing and that each item is named. We will get any lost items back to you as soon as possible once they are found.

Student Safety
I reminded the students at assembly on Monday about using the school crossings when crossing the roads in the area around the school. I would ask parents/guardians to reinforce this with their children in the interests of their safety. The crossings are provided as a safe area for crossing roads for pedestrians and a zone where drivers are more aware of pedestrians crossing the road. Parents/guardians should also be aware of the parking restrictions outside the school as Frankston Council have been monitoring this during the week.

Book Week 2016
Each year, across Australia, The Children's Book Council of Australia (CBCA) brings children and books together celebrating Children’s Book Week. During this time Schools, Libraries, Booksellers, Authors, Illustrators and children celebrate Australian Children's Literature. Book Week will be held from 20/8/2016 - 26/8/2016. The theme for this year is: Australia! Story Country. We hope you will be able to join in the celebrations in some way.

Parent Opinion Survey
Each year the school conducts an opinion survey of 40 families within the school community. Families are randomly selected to participate and we use the information to inform and direct our future school planning and improvement.

The survey is designed to take no more than 20 minutes to complete and your feedback and opinions play an important role in making our school the best it can possibly be. This year the survey will be conducted between July 25th 2016 and August 5th 2016. We hope you are able to give us feedback through this avenue.

Starting School in 2017?
We are well underway in planning 2017 prep classes. If you have a child who will be commencing school in 2017 please collect an enrolment form from the school office. If you know anyone wanting to enrol at our school please encourage them to contact us for a tour and information pack. We already have a number of children enrolled for 2017.

Gymnastics
The gymnastics program is underway and has been well attended by our students across the school. This is one of the many extra curricular programs that our school offers. The extra curricular programs are items that add to or enhance the day to day learning and teaching program offered at our school.

Until next time,

Brian McFall (Principal)
Bay Views
Newsletter

Student of the Week
Monday 25th July

PM—Brylee H.—For her amazing effort with her spelling.

1/2S—Torrah N.—For working hard on her reading.

1/2H—Gabby B.—For an improved effort in writing.

1/2B—Miranda K.—For giving her school work 100% effort.

3/4B—Jasmine B.—For a great start to the term.

3/4H—Codie W.—For trying hard and improving her reading.

4/5W—Cathay Y.—For her focus and great group work skills.

5/6S—Lani S.—For always working super hard in class.

5/6O—Mason D.—For the outstanding book he has researched and made on EAGLES.

Uniform Shop Operating Hours
The operating hours are:
TUESDAY – 3:15pm – 3:45am
FRIDAY - 8:45 – 9:15am and 3:15 – 3:45pm
PARENT CORNER

Kids who accept differences in others are setting themselves up for success in the world of diversity that they will enter.

Tolerance: a Vital Ingredient for your Child's Success

By Michael Grose

Want your child to be successful way past the confines of the school gate?

Then you need to make sure your child is tolerant of individual differences and accepting of children and adults who look and act differently to them.

There’s no doubt that success in today’s world depends on the ability to understand, appreciate and work with others. The child who is open to differences is likely to have more opportunities in school, in business and in life in general.

Schools are diverse places

Walk into any school ground in Australia and you’ll witness diversity first hand. You’re likely to see children from many different cultural, racial and family backgrounds. You’ll also see kids with different needs and diverse ways of expressing themselves. Some kids will wear their hearts on their sleeves, while others will be taciturn and quiet. Tolerant kids are accepting of these differences. They make friends with children and young people who may look and act differently to them.

Intolerance breeds bullying

Intolerance, or prejudice, is at the heart of a great deal of the bullying that occurs among children and young people. Kids who look and act differently or who are more isolated often experience bullying for no apparent reason other than the fact that they are ‘different’. Whole-hearted acceptance and even appreciation of differences is a preventative bullying measure that we can all support.

Tolerance starts at home

Kids learn attitudes such as tolerance from those around them. Children in primary school usually reflect the attitudes of their parents. While adolescents are strongly influenced by their peers, parental attitudes still have a significant impact on their attitudes to other people. In short, if you want your child to be accepting of differences – whether they are racial, cultural, behavioural or in sexual orientation – then make tolerance a family trait.

Here’s how:

Help your child feel accepted, respected, and valued. When your child feels good about himself, he is more able to treat others respectfully.

Model acceptance. Kids learn what they live so make sure you welcome differences in others, and be sensitive to cultural or racial stereotypes. It also helps on a practical level to discuss prejudice and stereotypes when they occur in the media.

Challenge prejudice or narrow-minded views. Sometimes kids, knowingly or unknowingly, can say the cruellest things about others. As a parent respectfully remind your child or young person about the impact that a narrow view can have on his or her own behaviour as well as on those it may be directed towards. Intolerance of diversity is an attitude that parents should make a stand against.

Answer kids’ questions about differences
honestly and respectfully. Teach your kids that it is acceptable to notice and discuss differences as long as it is done with respect.

Respect individual differences within your own family. Your ability to accept your children's differing abilities, interests and styles will go a long way towards establishing an attitude of tolerance in the children themselves. By valuing the uniqueness of each member of your family you are teaching your kids to value the strengths in others, no matter how diverse.

Modern Australia is such a wonderful culturally-rich place. This diversity is part of its magic. One way to make sure our children fully appreciate this richness is to fully embrace tolerance in everything we do.

Have a great week.

Barb Heeney – Student Wellbeing Manager

---

**ORANGE DAY**
Is coming up on Wednesday 3rd August

For those students who are new this year this is a day where you can buy orange food at recess and lunch. You can also wear Orange to school on this day.

The money raised goes to Save the Orang-utans. It was the idea of Jamie Lee Millard a grade 6 student who attended our school 6 years ago to help save the forest the Orang-utans lived in from being cut down for Palm Oil.

At recess you can buy carrot sticks, orange juice and orange wedges for 50c from the Canteen.

At lunch you can buy pumpkin soup and bread. If you bring your own mug the cost will be $1.50. If you need a cup the cost will be $2.00.

We are also running a class competition on this day and to enter this you have to wear Orange and make a gold coin donation to win an Orange prize.

Look out for the Orange posters and reminders in the newsletter.

Thank You
Jill Stanszus

---

**FUTURE CARE MOBILE DENTAL SERVICES**

It was fantastic to see so many children attend the dental clinic at our school. We had over 100 children attend.

The dentists and their staff will be sending out reports to each family within the next two weeks.
The day the shark became friendly.

Team Work in Term Three

This term, as part of our Integrated Studies on Teamwork we are taking part in many “buddy” activities during our Literacy, Maths and ICT sessions. This week Prep M worked with 1/2S during our computer lesson. The children typed a sentence and created a picture using the Paint.net program. Here are some examples of their fantastic work.

On the weekend I went to the snow we built a snow man.

ON THE WEEKEND I WENT ROLLER SKATING.

Hunter’s Weekend
On the weekend Hunter went to the movies. He saw Finding Dory. Hunter’s family liked the movie they had popcorn, fizzy drink and ice cream.
Happy Birthday

July 23rd  Lilah H.  3/4H
July 26th  Charlee B.  1/2H

Benefits of eating fruits and vegetables

The Dietary Guidelines for Australians advise that the key to eating well is to enjoy a variety of nutritious foods from each of the five food groups. Most Australians eat only about half the recommended amount of fruit and vegetables. You need to eat two serves of fruit and five serves of vegetables every day (one serve is roughly a handful of fruit or veg).

Fruits and vegetables have many benefits:
- Reduce your risk of getting some cancers
- Maintain a healthy weight
- Keep you regular
- Reduce your risk of cardiovascular conditions
- Lower your blood pressure
- Boost your immune system

Try the following to get more fruit and veg into your diet:
- Eat fruit as a healthy snack
- Add pieces of cut up fruit to your cereal
- Blend different fruits along with a little bit of water and yoghurt to make a fruit smoothie
- Use carrots, celery, capsicum or cucumber with dips instead of crackers
- Add canned lentils to a curry or even a spaghetti sauce
- Have a warm vegetable soup in winter
- Have a refreshing garden salad in summer

For more great ideas on how to get enough fruit and veg, visit www.health.gov.au

Have you had your 2s & 5s today?
It's easier than you think!

PARENTS BUILDING SOLUTIONS
MANAGING STRESS AND ANXIETY IN CHILDREN
FOR PARENTS AND CARERS OF CHILDREN AGE 5 TO 12 YRS

Join us in an interactive program for parents of children age 5 - 12 years to share and learn new ideas and strategies to support your child. Refreshments provided.

TOPICS INCLUDE:
- Common anxieties, worries and fears in children
- What are the triggers and signs in children?
- Dealing with Separation Anxiety (Fears) and more
- Helping children and parents cope
- Where can parents get support?

DATE: Wednesdays 27 July to 31 August 2016 (6 weeks)
TIME: 1pm to 3pm
WHERE: Kangaroo Primary School
Malvern Avenue
Frankston
COST: FREE of Charge
Bookings essential

BOOKINGS: To book or for more information contact Barbara on 9781 6787 or 0409 730 734
barbara.biggerstaff@anglicarevic.org.au

PARENTS BUILDING SOLUTIONS
PARENTING ADOLESCENTS
FOR PARENTS AND CARERS OF YOUNG PEOPLE AGE 12 – 18 YRS.

TOPICS INCLUDE:
- Adolescent Development
- Supporting change
- Anxiety and depression
- Having difficult conversations
- Setting Boundaries
- Social media
- Bullying
- Relationships

DATE: Thursdays, 9 August to 12 December (8 weeks)
TIME: 10am to 1pm
WHERE: Elizaeth Murdoch College
89 Marlborough Road, Langwarrin
COST: FREE of Charge
Bookings are essential

BOOKINGS: To book or for more information contact Barbara on 9781 6787 or 0409 730 734
barbara.biggerstaff@anglicarevic.org.au

1300 994 011 | anglicarevic.org.au

Page 6
Phone: 03 9781 9552
Fax: 03 9789 0134
Email: frankston.east.ps@edumail.vic.gov.au
Web: www.frankstoneastps.vic.edu.au
PARENTS BUILDING SOLUTIONS
YOUR CHILD’S SOCIAL AND EMOTIONAL IQ
FOR PARENTS AND CARERS OF CHILDREN AGE 5 TO 12 YRS

Would you like to support your child’s emotional and social intelligence?
Would you like to encourage personal strengths and resilience in your child?
Join us in a 5 to 6 week program to share parenting strategies and solutions. Morning tea provided.

TOPICS INCLUED:
- Critical thinking development
- Managing responsibility and respect
- Dealing with anger (Kears and years)
- Where confidence and resilience come from
- The importance of the parent-child relationship

WHERE: Tuesdays
24 July – 31 August (6 weeks)
TIME: 9:30am to 11:30am
WHERE: Frankston Christian Community College
109 Mornington Tyabb Road
TYABB
COST: FREE if change. Bookings are essential. Certificate of Participation
BOOKING: Thanh or for more information contact Barbara on 03 9789 1717/6191 7151 barbarahopkins@anglicare.vic.org.au

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

(03) 8790 8918

ZYTA WORKOUT
FIRST CLASS FREE
NO DANCE EXPERIENCE REQUIRED

BURN TO THE BEAT

DIRECT FROM THE INSTITUTE

GUITAR & PIANO LESSONS
$12 PER 45 MINUTES
children’s music school
Frankston | Mornington | Mt Martha | Tyabb
we teach to play & READ music
comprehensive structured curriculum
qualified teachers | WWC

www.dsemusic.com.au
0416 586 483

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.

MENTONE
FRANKSTON
9585 8000
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>
</tr>
</thead>
<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>
</tr>
</tbody>
</table>