Dear Parents and Friends

Regional Cross Country

Congratulations to Louise who competed at the Regional Cross Country last week. The Regional Cross Country is the level below the State Cross Country and it is a magnificent achievement to run at this level of competition. Louise finished in 39th place which is a fantastic effort and we are all proud of her representing our District and FEPS at the Regionals. Well done Louise.

Aussie of the Month

Shanelle is one of the hardest working students in P/1S. She always strives to do her best in everything she does. Shanelle returns to her table quickly and gets started on work tasks straight away. If Shanelle is unsure of what to do she uses her exceptionally good manners to ask for help. Shanelle is a delightful friend to everyone she meets and always shows kindness and consideration towards others. Shanelle’s enthusiasm to participate, perseverance and resilience is to be admired. Well done Shanelle for being awarded Aussie of the Month.

Breakfast Program

Our breakfast program is well under way now with an average of around a dozen students attending each day we are operating. Breakfast is served on a Monday, Wednesday and Friday starting at 8:15. We ask that students arrive between 8:15 and 8:30 so that they have time to eat breakfast before the room closes at 8:45. Toast seems to be our most popular item at the moment. It is also pleasing to see the kids drinking apple or orange juice and getting stuck into the fresh fruit.

End of Term lunch

As the end of term fast approaches, our end of term lunch is all organised and good to go on Friday. Many thanks to the members of the PFA for organising the Fish and Chips.

Early Dismissal

As Friday is the end of term, school finishes at 2:30pm. Just a reminder to parents to pick their children up at this time. After School Care is available through Camp Australia based at Karingal Primary School.

Final assembly

Our final assembly for the term will be held on Friday morning where we will hand out the Term 2 Attendance Certificates. Congratulations to those students that have attended 100% of the time throughout Term 2.

Free Dress Day

The last day of term is traditionally a Free Dress Day, so this Friday, being the last day of term will be a Free Dress Day. Students wearing free dress are asked to make a gold coin donation.

On behalf of the staff, I would like to wish all families within the school community a safe and happy Term 2 holiday break.

Have a great break

Brian McFall (Principal)
**PARENT CORNER**

‘10 Mindsets That Will Radically Improve Your Parenting’ By Michael Grose

The best intentions may not be enough to raise happy kids. Here are 10 mindsets to help you on the path to parenting success.

All parents want to be successful and raise kids to be happy and contributing members of our community. Often there is no difference between one parent and another in terms of skills, knowledge and understanding of kids. However, the biggest difference can be found in parents’ mindsets, rather than their parenting skills and understandings.

Here are 10 mindsets for parenting success:

1. **Believe in your child**
   
   This is easy if you have an early maturer, a child who has talents you value, or one who easily achieves anything he or she puts his mind too. But it’s a different story if you have a child who struggles at school or to make friends, or just has a different interest to you. Your belief in your child’s abilities is revealed through your expectations, your body language, even the expression on your face.

2. **Look for the best**
   
   What you focus on expands so if all you see is misbehaviour, weakness and poor performance than you’ll get more of those things. Set your antennae for children’s strengths, abilities and social behaviours and you’ll invariably get more of those.

3. **Think long term**
   
   If you want your child to become independent then don’t do everything for him or her; you need to teach them some skills so they can become self-sufficient.

4. **Be brave**
   
   Parents of large families invariably give their later born children more freedom than they gave their first-born. We are always stricter with our first-born than later born as by the time you have 4 or 5 kids you’ve worked out what’s worth worrying about. So if you are parent of one or two kids give them more freedom and responsibility.

5. **Think family**
   
   Successful parents have found a way to lead their family in one direction. To do this you must think in terms of parenting ‘the gang’ rather than individual children. “What’s in the best interest of my child?” has replaced “What’s in the best interest of the family?” as the guiding family principle. This has partly come along as a result of small families, and partly it’s a social imperative that is common among aspirational parents where wanting the best for your kids means wanting what’s best for each child as an individual, rather considering what may be in the best for the entire gang.

6. **Accept challenges**
   
   There are always challenges raising kids. It’s important to embrace these challenges whether they are behavioural, or a child has struggles at school, or he is moving into puberty. It’s these challenges that will make you a better parent.

7. **Build your community**
   
   Parents don’t raise kids well in isolation yet there is often a reluctance to share the parenting with others. Successful parents know they haven’t all the answers so they build a community of support and expertise around them.

8. **Trust the process**
   
   Sometimes the desire to want the very best for our child can lead us to interfere at school, pre-
Student Attendance last week

Percentage of students at school 90.0%
Percentage of students on time 90.0%

9. Adversity builds character
It’s natural to want life to be easy for our children, but sometimes in an effort to ensure their well-being we smooth things over for them. It is through the small hardships that kids experience that they build the persistence and resilience necessary for continued success.

10. This too shall pass
The hardest part of parenting is supporting kids when life doesn’t go their way. There is plenty of research that suggests that kids benefit from having parents who have a positive parenting style that gets the balance right between protecting, teaching and nurturing kids when life gets hard. This starts with the belief that, “This hardship too shall pass.”

I hope everyone has a great Term 2 break and you and your children have some exciting adventures together. I look forward to seeing everyone next term.

Barb Heeney – Student Wellbeing Manager
PREMIERS’ READING CHALLENGE

Congratulations to Samuel Jones, for successfully completing the Premiers’ Reading Challenge for 2015. Samuel has read at least 10 challenge books and at least 5 choice books. Samuel is the first student to have completed the Challenge this year.

Well done, you should be proud of yourself. Samuel will have the Principal’s Reading Challenge Award presented to him at Friday Assembly, the last day of term 2.

Barb Heeney – Premiers’ Reading Challenge Coordinator
Uniform Shop Operating Hours

The operating hours are:

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

input fitness Health Club

1 DAY FREE MEMBERSHIP

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Pool / Spa / Steam room
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* Conditions may apply. See club for full details.

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Frankston East Primary School
Mission Statement

To provide outstanding learning and welfare programs that meet the current and future needs and aspirations of our students.

Outcomes

To foster responsible citizenship and create a love for lifelong learning.
To foster the development of self-esteem and resilience.

Values

Caring   Fairness   Sharing
Enjoyment   Enthusiasm   Passion
Tolerance   Respect   Honesty   Integrity
Innovation   Flexibility   Vision
Harmony
Honour and Truth

Behaviours

At Frankston East Primary School:

❖ everyone has the right to enjoy learning in a safe and caring environment.
❖ everyone has the right to be treated with tolerance, sensitivity, respect and honesty.
   ❖ we accept individual differences in every way and celebrate these.
❖ we are committed to teaching, learning and working together as a community.
   ❖ we have the ability to respond and adapt to a changing society
   ❖ we believe that fun is part of learning