Dear Parent/Guardians,

What a huge week we have had here at school. Education Week is always a busy time for schools and this year has been no exception. Added to this we have a couple of District Sports competitions as well.

**District Athletics - Field Events**
On Wednesday, May 18th Frankston East participated in the District Field Events at Ballam Park. The kids had a great day with a number of our students coming home with ribbons. Congratulations to all of the students involved on a great effort. Thanks to Mr O’Shannasssy for his organisation of the day as well as Mrs Schumacher, Mrs Smith and Mrs Mansfield for running the long jump and to Mrs Stanszus for training the team. A great team effort.

**Education Week - Science Night**
It was fantastic to see 80 families in attendance on Science Night last Wednesday, May 18th here at the school. We started the night with the choir performing two songs, then the families moved off to classrooms to undertake a wide variety of science activities. Everyone enjoyed themselves and the activities proved to be very popular. Thank you to the teaching and support staff for giving up their time to run the evening.

**Coming Events**

**Term 2 2016**
- Wed. 25/5  Gr. 5-6 Reach Rookies
- Thur. 26/5  May Challenge Fundraiser
- Fri. 27/5  Winter Sport
- Wed. 1/6  Division Cross Country
- Fri. 3/6  Winter Sport
- Thur. 9/6  School Council 7:00pm
- Fri. 10/6  Winter Sport—Reserve Day
- Mon. 13/6  Queen’s Birthday Holiday
- Fri. 17/6  Winter Sport—Div. 1 vs Div. 2
- Tue. 21/6  Pupil Free Day—Reporting to Parents
- Fri. 24/6  Region Cross Country

**Term 3 2016**
- Mon. 11/7  School resumes

**Challenge** to provide children living with cancer with funding opportunities to access musical activities.
Education Week - Band and Choir at The Hub
As a part of Education Week celebrations, Karingal Hub gave local schools an opportunity to put up a display in the centre. Ours has been located near Mister Minit and Big W. In addition, schools also had the opportunity to undertake a performance in the centre. On Thursday May 19th, our band and school choir performed on Centre Stage at The Hub. They were fantastic to watch and the crowd thought they were great. You can see the performance on FEPS tv at: https://www.youtube.com/watch?v=DpnOlOFPXl

Thank you to Mr Marsh, Miss Brown, Mrs Mortimer and Mrs Hosking for working with the choir who looked spectacular in their new choir shirts. Thanks also to Mr Marsh and Mr Fisher for their work with the school band. A fantastic performance.

District Cross Country
Congratulations to the District Cross Country team. Our 9/10 Year olds finished 3rd overall in their division. The 11/12 Year olds finished 4th and FEPS finished 3rd overall for the day. This was a fantastic effort. Congratulations to everyone involved. There were many personal best runs on the day which was great to see. A special mention to Matty who came 8th in the 9 Year old boys race. Well done to Maurice who came 11th in the 11 Year old boys race. He just missed out on moving to the next level of the competition as the top 10 go through.

PM—Ebony Violet T. D.—For working hard on recognising and writing our commonly used words.

1/2S—George G — For enthusiastic writing.

1/2H—Tye S.—For making a big improvement in his reading.

1/2B—Janadi P.—For excellent writing.

3/4B—Van-Van A.—For always working his hardest.

3/4H—Mia R.—For improving her story writing and always trying her best.

4/5W—Charli M.—For her persistence and positive attitude to learning.

5/6S—Christian Mc—For an outstanding effort at discus at our Field Events.

5/6O—Mathew T.—For a top effort at Cross Country.

Leave
You may have noticed Mrs Harvey missing from the office. She is currently on Long Service Leave and will return towards the end of term. Mr Marsh will also be taking Long Service Leave from next week until the end of the term. We wish him safe travels while he is away with his family.

Until next time,
Brian McFall (Principal)
10 Researched-Backed Tips for Raising Happy Kids

By Michael Grose

There are plenty of evidence-based tips for parenting. Here are 10 research-backed tips for raising what most parents want: happy, successful kids.

1. Birth order matters
Birth order is something parents need to work with. If you disregard the birth order of your children you are overlooking a vital piece of your parenting puzzle. For instance, research has shown that eldest children tend to experience greater mental health problems, particularly anxiety, than children in any other birth position. Happiness can be elusive for this group so they require a parenting style that is cognisant of their drivers, and that releases pressure rather than placing extra pressure on them.

2. Positive peers matter
Your child’s friends impact heavily on their wellbeing and frame of mind. When peer relationships are smooth, children seem to be happier, more content and even learn better. Recent research I was involved in demonstrated that the wellbeing of teenage girls is highly influenced by their peer groups. A positive peer group usually equated with high life satisfaction regardless of what other factors where at play.

3. Parent mental health matters
If you want happy kids then you need to get yourself happy. Parent anxiety and depression is linked to behavioural problems in kids; it also makes our parenting less effective.

4. Sibling relationships matter
Research shows that over the long haul healthy relationships makes kids happier. But how do you go about teaching kids to get on? Start by encouraging children to build small acts of kindness, which builds empathy. Help them mend relationships that have broken down. Start this with siblings first. With only-children, make sure you build these skills through plenty of interactions with peers.

5. Developmental matching matters
A number of studies have shown that much of what is considered ‘poor parenting’ has more to do with poor developmental matching. Put simply, parents who raise an eleven-year-old like they did their eight-year-old may find that conflict and resistance become their constant companions, and unhappiness accompanies their child.

6. Good parenting matters
Permissive, laissez faire, autocratic or authoritative parenting? These are parenting styles most parents use at some point. If you want your child to be happy and succeed over the long term, then extensive British research shows the way. The links between authoritative parenting (a mixture of firmness, warmth and family participation) and children’s happiness and wellbeing are well drawn.

7. Family dinners matter
Yes, you’ve got to eat. But you need to eat together. Significant research links family strength and children’s wellbeing with regular family mealtimes. Importantly, there is a high correlation between teenagers who eat with their family at least five times a week and good mental health.

8. Fun matters
Many kids get too little unstructured time these days. Play that is not initiated by adults is more than just mucking around: kids learn and grow through such play. Researchers believe that the dramatic drop in unstructured play time is in part responsible for slowing kids’ cognitive and emotional development. Unstructured play helps children learn how to work in groups, to share, negotiate, resolve conflicts, regulate their emotions and behaviour, and speak up for themselves.

9. Helping others matters
The Positive Psychology movement know what they are talking about when they put volunteering at the forefront of an individual’s wellbeing. Helping others makes you happy over the long term. The same applies with kids. Just don’t let their grumpiness put you off when you expect them to help.

10. Emotional intelligence matters
Emotional intelligence is a skill, not an inborn trait. Believing that your kids will just naturally come to understand their emotions (let alone those of others) doesn’t set them up for success or happiness. Kids learn best when they
have concrete tools to assist their learning, whether learning to read (*books come in handy*), playing sport (*a ball and some goalposts helps*) or learning to dance (*some suitable music helps*). The wonderful tools in the RULER Program toolkit make learning emotional intelligence accessible for kids.

**So let’s recap!**

To raise happy, successful kids:
1. Birth order matters
2. Positive peers matter
3. Parent mental health matters
4. Sibling relationships matter
5. Developmental matching matters
6. Good parenting matters
7. Family dinners matter
8. Fun matters
9. Helping others matters
10. Emotional intelligence matters

I hope this article has given you some valuable insights into how to improve the happiness of your children. In this newsletter you will also find some information on an Anglicare program ‘Living With Autism’. If you are a parent and/or carer of a child on the Autism Spectrum this 4 week program at Ballam Park PS will give you some valuable ideas and strategies.

Hope you have a great week.

**Barb Heeney – Student Wellbeing Manager**

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**DENTAL FORMS**

Could all Dental Forms please be returned to the office by 27th May.

Thank You

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**Happy Birthday**

May 25th          Rory G          PM  
May 29th          Ebony-Violet T.D.  PM  
May 30th          Sarah J          5/6O  

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**Student Attendance**

last week

Percentage of students at school **94.0%**  
Percentage of students on time **94.2%**  

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On Wednesday 18th May children from grades 3 to 6 competed at Ballam Park athletics track in the district field events. We were very lucky with the weather on the day. All the children competed with good spirit and sportsmanship to achieve the best results they could in their events.
Friday 20th of May saw children from grades 3 to 6 travel to Woodleigh Senior Campus to compete in the annual District Cross Country. The children were fantastic giving their all in the races they ran, helping our school come 3rd in the junior section, 4th in the senior section and 3rd overall in our division.

There are approximately 120 children in each race with all of our children finishing between the 20’s to 70’s.

Our 2 best runners this year were Matty W who ran 8th and Maurice P who ran 11th.

Congratulations again to all the children who competed.

A job well done

GO FEPS!!!!
LIVING WITH AUTISM,
DEALING WITH BEHAVIOIRS AND ASD
Are you a parent/carer of a child on the autism spectrum?
Join with other parents/caregivers to share experiences, ideas and learn strategies in a relaxed, friendly place.
During the 4 weeks you will:
• Discuss why the behaviours are happening
• Identify new ideas and strategies
• Hear from other parents and share experiences
• Identify new supports

WHERE: Balnham Park Primary School
WHO: Parents, grandparents, carers of children with a diagnosis of autism
WHEN: Thursday 4th, 11th, 18th, 25th July
and 1st August
TIME: 9.30am – 11.30am
FREE BUT BOOKINGS ESSENTIAL
Refreshments Provided
Parentzone Southern (03) 9789 010
or Janine Templeton 0493 007 460 or 63 1945 2000
JanineTempleton@anglicarevic.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

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

BURN TO THE BEAT
(03) 8790 8918
ZYTA WORKOUT
FIRST Class F R E E
NO DANCE EXPERIENCE REQUIRED

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>
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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>
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<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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