Dear Parents and Friends

Antonio is a valued member of 5/6O and the Frankston East Community. Antonio is a bundle of energy. He has learnt that nothing beats hard work if you want to improve. We have set goals for Antonio and I admire the way he has developed a positive mindset to work and improving himself. Congratulations on this prestigious award.

**Swimming**

Our Swimming Program started last week at the Peninsula Aquatic Recreation Centre (PARC). P/1M, P/1S, 1/2W and 2/3H participated in the program at the pool from Monday to Friday last week. I was able to spend some time down at the pool on Thursday to see how the kids were going. They were all having a great time and working hard in their groups. They were keen to spend some time on the equipment on Friday at the end of their lessons. We had great feedback form the staff at the pool saying it was a pleasure to have our kids there. They were very polite and well behaved throughout the program. Congratulations to all of the kids on a job well done. The remainder of the school commenced their swimming program this week and it will conclude on Friday.

**Phillip Island V8 Supercars**

Our Year 5/6 students had an opportunity to participate in the Students on Track program sponsored by the V8 Supercars. This was an incredible opportunity to see how the things we learn in class translate to life on and around the race track. We saw practical applications of maths, physical education, tourism, marketing, event management, media studies and engineering in action at a motorsport event. The Students on Track tickets included entry to the circuit and V8 Supercars Paddock, getting us close to the excitement of the Team Transporters and the action of the garages. Plus we got to enjoy the thrills of V8 Supercars practice sessions, support category sessions and on track entertainment.

**Pupil Free Day**

Just a reminder that Monday November 30th is a Pupil Free Day. Students are not required at school on this day. The staff will be working at Karingal Heights Primary School as this is a combined curriculum Day.

Have a great week,

Brian McFall (Principal)
Happy Birthday

Nov. 28th  Carla A.  3/4B
Nov. 29th  Blake G.  3/4B
Nov. 30th  Madeline H.  P/1M

Student Attendance last week

Percentage of students at school 92.2%
Percentage of students on time 92.0%
Bay Views
Newsletter

PARENT CORNER

BULLY-PROOFING KIDS

This is a very informative article about an issue that concerns us all. Michael Grose provides some valuable tips as to how to recognise bullying and how to help our children deal with it. Bullying is an issue to be discussed around the meal table, in the context of keeping kids safe. Talk to kids about their right to feel safe; how to recognise if they feel unsafe and what to do if they experience or witness bullying.

Despite the fact schools are very proactive when it comes to making them safe places for kids, bullying unfortunately, is something that’s still with us. According to the 2009 Australian Covert Bullying Prevalence Study one in four kids from Years 4 to 9 experiences some type of bullying at school.

Frequent bullying is highest in Year 5 (32 per cent experiencing some bullying) and Year 8 (29 per cent) so it is something that parents and teachers need to understand.

Bullying is an insidious behaviour that transgresses a child’s right to feel safe and secure. It can adversely affect children’s learning, further peer relations and their emotional well-being.

Often children will tease, argue and sometimes fight, which shouldn’t be confused with bullying.

Bullying is selective and intentional. It’s also repetitious rather than a one-off or occasional event. It can be physical, verbal or social exclusion. It also now happens online, which means some kids no longer feel safe at home. Kids generally feel powerless when they experience bullying.

Knowing when kids are being bullied?

Some research suggests that around 20 per cent of bullying goes unreported so it can be difficult spotting children who experience bullying.

However, kids will usually show signs in three ways:

**Acting out:** outward signs such as displays of unusual aggression at home, talking about hating school and getting into trouble more often.

**Acting in:** subtle behaviour changes such as sullenness, withdrawing from usual activities, being uncommunicative, feigned illness, bed-wetting and altered sleep patterns.

**Telltale signs:** more obvious physical signs such as torn clothes, items missing, altered school routes and physical injuries.

Children who are bullied usually display a combination of signs. Children often find it hard to communicate that they are being bullied. Some don’t have the language required. Many kids feel ashamed, or even believe what bullies tell them. Sometimes kids are also reluctant to tell adults about bullying, as they fear that they will take the matter out of their hands, so your approach needs to be gentle and non-judgmental.

Here are six things to do if you suspect your child is being bullied:

1. **Listen to their story**

   It really is important to stay calm and get the real story. Kids need to be believed when they are bullied, so make sure they get the chance to talk.

2. **Get the facts**

   Bullying behaviour usually follows patterns. An accurate picture will help you determine your next course of action, for example, whether you need to give your child some avoidance or coping strategies or gain assistance from your child’s school.

3. **Recognise and validate their feelings**

   (anger, fear and sadness are common)

   Bullying always elicits strong feelings so make sure kids can share their thoughts and feelings with you.

4. **Give them some common coping skills and defence mechanisms**

   Look for some simple ways to help them handle the bullying such as making sure they stay in pairs, practising a comeback line or even walking and talking confidently.
5. Get the school involved
If your child continues to struggle with bullying contact your child’s school. Resist the temptation to confront suspected bullies, or their families. Teachers generally have very practical, tried and true ways to tackle bullying.

6. Help build your child’s support networks and their self-confidence
Positive peer groups are great protective factors for kids when they are bullied so do all you can to encourage and build their friendship groups inside and outside school.

Barb Heeney – Student Wellbeing Manager

Christmas Trash ‘n’ Treasure Stall

On Wednesday 9th December our annual Christmas Trash ‘n’ Treasure Stall will be held. This is a great recycle event as well as being able to help out with the Christmas budget! The money raised goes to TEAR Australia who use the money to purchase gifts such as Goats, Clean water, Chickens, Vegetable seeds, School supplies for children as well as other items for children and families in countries that need it. Donations for this event—all good (unbroken, complete) toys, books, puzzles, games, unused colouring books etc. can be bought to the Science room or office over the next 2 weeks.

Thank You
Jill Stanszus
Buddy Reading

Every Thursday morning during our Literacy block Prep1S and Prep1M take part in Buddy reading with the grade 3 and 4 students in the library or BER building.

The children look forward to this activity as it allows them to read to someone else and also listen to others reading. The children are encouraged to ask each other questions about the books they have read and discuss what they liked about the story.

These Buddy Reading sessions also provide students with the opportunity to use the weekly reading and comprehension strategies we are working on before and after they have read their books. These include Inferring, Predicting and Connecting.

Buddy Reading sessions help students develop more confidence when reading aloud to others and can remind us that reading is fun!
McClelland College Uniform
For Sale

1 x Sports Cap $5.00
2 x Sports Shorts $20.00
2 x Sports Polos $20.00
1 x Summer Dress $30.00
1 x Winter Skirt $30.00
2 x White Shirts $50.00

Small and Medium sizes
ALL IN GOOD OR EXCELLENT CONDITION

Phone Paula on 0428 408 849

Uniform Shop
Operating Hours

The operating hours are:

TUESDAY – 3:15pm – 3:45am
FRIDAY - 8:45 – 9:15am and
3:15 – 3:45pm
Does Your Child Worry?
Parenting Children Who Worry – a free seminar
Open to any parents and guardians who are interested in helping children manage worry better.

- Practical tips and suggestions
- Increase family wellbeing
- Support children to face their worries
- Help mindfulness and relaxation
- Further 4 week course with workshops and an in-depth practical approach to helping children who worry

1st Seminar:
When: Wednesday November 25, 2015
Time: 5.30pm – 7.30pm
Where: Hastings Community Hub, 1973 Frankston-Flinders Road, Hastings

2nd Seminar:
When: Tuesday, December 1, 2015
Time: 5.30pm – 7.30pm
Where: Frankston FRC 146 Young street, Frankston

3rd Seminar:
When: Tuesday, December 8, 2015
Time: 11.00am – 1.00pm
Where: Frankston FRC 146 Young street, Frankston

Register your interest in one of the above dates, by contacting: 1800 639 523 or enquiry@mediation.com.au
Registrations closing soon ... so hurry to enrol!

School Holiday Program

Moonlit Sanctuary
the best way to see Aussie animals

January School Holidays
Moonlit Sanctuary Junior Ranger Program
Kids enjoy environmental activities, animal encounters and native animal care.
Day includes: interactions with dingos, python, off-limits animals, feeding animals & food prep, animal enrichment activities, fun and games for ages 7-14 years.

January school holiday dates:
- Week 1: Monday 4th to Friday 8th January 10am – 4pm
- Week 2: Monday 11th to Friday 15th January 10am – 4pm
- Week 3: Monday 18th to Friday 22nd January 10am – 4pm

Cost: $65.00 per day, or $175 for 3 days (pro-rata for additional days).
Maximum 16 children per day.

Bookings essential as spaces are limited
Dress for the weather and wear closed toe shoes, long pants and remember your hat or raincoat. BYO lunch or purchase at the cafe.

Moonlit Sanctuary
550 Tynh-Tooradin Rd, Pearsdale
Phone: 5978 7951
Open daily between 10am and 5pm

Frankston District Tigersharks
Victorian Metropolitan Masters Football Premier Division (Premiers 2015)

- Come and enjoy youth footy in a great family environment.
- Teams in Over 35’s, Over 35’s reserves, Over 45’s and Over 50’s
- Training Wednesday Nights at Balnakeir Park 6.30-8.00 (cricket ground)
- BBQs and rehydration available after training.

We have a fully qualified Physiotherapist at each training session supplied by Lifecare Frankston. We also have qualified football trainers at all games and training sessions for all teams.

Play against ex AFL players such as Chris Johnston, Joe Mistli, Kris Barlow, Daniel Harford, Mark Graham, Joel Smith etc

Contact Phil Jones 0431-610377 or Greg Wheeler 0447447914

www.tigersharksfc.com.au
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>RESPECT</th>
<th>We respect the rights of each other and our environment.</th>
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<tr>
<td>TOLERANCE</td>
<td>We accept individual differences in every way.</td>
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<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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