Dear Parent/Guardians,

**Book Week**
We had a busy week last week with Book Week. The Book Fair was well attended by students across the school and they were all keen to make a purchase. Thank you to Mrs Hoyne for organising the Book Fair, Miss Brown and Mrs Chambers for helping out with the book sales. On Tuesday, we had our Book Character Parade in the hall with our Master of Ceremonies, Mr O’Shannassy. It was fantastic to see the vast majority of the students dressed up in costume. We have uploaded a video to FEPStv, our YouTube Channel. You can watch it at [https://www.youtube.com/user/fepstv](https://www.youtube.com/user/fepstv)

**NAPLAN**
The NAPLAN results for our school arrived last week and were sent home with students on Thursday. The staff have been looking at the data and we have been pleased with our 2016 results. In particular, we have been looking at the growth the students have experienced from Year 3 to Year 5 and from Year 5 to Year 7. We were very happy with:

- 50% of our students having high growth from Year 5-7 in Reading.
- 40% of students having high growth from Year 3-5 and Year 5-7 in Spelling.
- 41% of students having high growth from Year 3-5 in Numeracy.
- 47% of students having high growth from Year 5-7 in Grammar and Punctuation.

Our school was also randomly selected to undertake the NAPLAN Scaling Study this year. The Victorian Curriculum and Assessment Authority (VCAA) has been in and administered some sample tests with our Year 3 and Year 5 students over the last two weeks. These tests were administered online rather than on paper. VCAA then collected feedback from our students about the questions, the online interface and their thoughts in general. It was great to see our kids provide honest feedback to VCAA.

**Moonlit Sanctuary**
Our Prep - 2 students went to the Moonlit Sanctuary on Wednesday last week. The Sanctuary is an ark for endangered creatures, and a showcase of their unique beauty. It is a living classroom which encourages children and adults alike to unlock the mystery of Australian mammals, reptiles, birds, fish, insects and amphibians in a natural bush setting. The kids were able to wander around the beautiful wetlands, a haven for water birds that change with the seasons. They also met koalas, kangaroos, wallabies, emus, Cape Barren geese and wombats.

**FEAST**
It is not long now until our annual FEAST performance. The kids have all been working hard on their items in preparation for
September 14th. We are all looking forward to the production. Tickets are currently on sale from the school office and we hope you will be able to join us for the Frankston East Annual Student Theatre (FEAST)

The Voice of Frankston
Cail, one of the judges and mentors from The Voice of Frankston competition, came to assembly on Monday for a short performance and chat with the whole school. He told us about how he won the competition in 2013 and has been a judge and mentor since that time. If anyone is interested in finding out more about the competition, details can be found at: http://frankston.tv/tag/voice-of-frankston/

Sunsmart
As per the school’s Sunsmart Policy, hats should be worn from September 1st until the end of April. It would be appreciated if parents/guardians could ensure that their children have their hats at school ready to wear as of tomorrow, Thursday.

Buildings and Grounds works
You may have noticed the external painting works are well under way around the school. The Meeting Room, Café, Science Room and Art Room are all being repaired and painted. As you can imagine the weather boards on the majority of the buildings need to be regularly maintained to keep them in good condition. Over the last couple of years, School Council has worked its way around the school making repairs and painting the inside and outside of the buildings. Internal works have been the priority as this is the learning environment the students are in on a daily basis. Now we have just about completed the external of all the buildings.

Mrs Stanszus has worked with the kids to plant the fruit trees in the newly constructed orchard. These plants are very young and will take some time to become established. We will see the benefits in the years to come.

We have purchased a number of plants and received additional plants from the National Tree Planting Day and Frankston City Council. The kids have now planted these and Mr Mayes has been working on mulching these areas to help with water retention in these garden beds. The majority of the work has been around the hall and Year 1/2 shade structure. These areas are looking fantastic and certainly enhance our outdoor learning spaces.

Until next time,

Brian McFall (Principal)
Helping Kids Focus in the Age of Distraction

By Sarah Wayland

Finding ways to turn your kids from flitters to focusers – how teaching your children to ‘stick with it’ can have lifelong benefits.

As a society we often debate about the ‘right’ amount of screen time, and with the introduction of personal screens over the last decade, to add to TV, laptops and desktops, the focus on a single task has slowly ebbed away. The British Psychological Society found that too much screen time (more than their recommendations of no more than 2 hours per day) could unintentionally cause permanent damage to a child’s still-developing brains. Impacting the capacity to focus, to concentrate and to give attention to tasks.

Distraction is often managed through the delicate art of re-direction or encouragement to combat the ‘but I just can’t do it!’ However, has this brave new world of binge watching TV, entertainment on demand and socialisation via hand held devices created kids that always have options for those tasks that require some stubborn determination? If so how might this new way of living and relaxing challenge our kid’s capacity to stick with a difficult task when they have a world of entertainment at their disposal?

Dr Daniel Goleman, an award-winning psychologist, emphasises the need for people to engage in skills that foster emotional intelligence. Goleman’s belief is that ‘Kids learn best when they can maintain sustained attention, whether to what a teacher is saying, their textbook, or their homework. The root of learning is keen focus; distractions kill comprehension. But the new normal for young people continually interrupts their focus with distractions.’

Neuroscientists tell us that the more a young person can practise keeping focus and resist distraction, the stronger and more richly connected this child becomes.

By the same token, the more distracted, the less so. The evidence is clear in our own homes and in classrooms that ‘we now have young people who are experts at ‘flitting’ from one device to another’ and we must refuse to take a defeatist approach because without refocusing those ‘flitters’ to ‘focusers’ we may lose the next generations creative or scientific masterminds. We risk losing children who are able to ‘sit still and agonise over a task long enough to see it through to its marvellous end’

Tips for helping kids maintain focus and attention

1. Build your child’s focus

As with all tasks the aim is to start small and build your child’s capacity to master the concept of ‘sticking with it’. Cath, a school counsellor, finds that she can use the same strategies with the teens she works with and her primary school aged children when she gets home: ‘it’s all about breaks and rewards. Set a timer between breaks and then on a break they need to do something active like a push-up. Then there is a little reward for staying on task for a particular amount of time.

2. Remember it’s all about the journey

Parents and researchers agree that understanding what can be gained from being focused is the key to engaging your ‘flittering’ child. Our solution driven society is often focused on what we receive at the end rather than the process to get there. Teaching your children to tolerate the unexpected can have wonderful benefits, as can sitting with something that may have previously been viewed as unachievable.

3. Keep calm and focus

Use calm methods to engage children who become distracted: ‘breathe, relax and high five each other’ when working alongside your child or when with a group of children. Talk about what might be achieved at the end and make it a fun process.

Screens, for all their negatives and benefits, are here to stay. Many argue that they provide complexity and
new experiences to our children's world by identifying exciting technologies but they also provide avenues to 'opt out' of the hard yards.

Reaching what you thought was unattainable by engaging in a single focus and ‘sticking with it’, can provide lifelong lessons.

Have a great week.

Barb Heeney – Student Wellbeing Manager

**Book Fair**

We had a great response to the Annual Book Fair. It was great to see all the happy faces buying a new book. We were able to purchase $700.00 worth of new library books which is fantastic. Look out for them in the coming weeks.

Thank you to all the book fair helpers especially Janet who ran the Book Fair before and after school each day. The winners of the door prize raffle were: Charli 4/5W, Jake 3/4H, Shayla 1/2, Daniel 3/4B.

**Book Character Parade**

We had an excellent Book Character Parade with many creative costumes. Thanks to Mr. O’Shannassy for his great M.Cing!

Here are the winners:

<table>
<thead>
<tr>
<th>PM</th>
<th>Shreya</th>
<th>Hunter</th>
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<tbody>
<tr>
<td>1/2B</td>
<td>Zalia</td>
<td>Kooper</td>
</tr>
<tr>
<td>1/2H</td>
<td>Martha</td>
<td>Chris P.</td>
</tr>
<tr>
<td>1/2S</td>
<td>Chloe D.</td>
<td>Ryan H.</td>
</tr>
<tr>
<td>3/4B</td>
<td>Gabby</td>
<td>Jaxton</td>
</tr>
<tr>
<td>3/4H</td>
<td>Ruby</td>
<td>Bill</td>
</tr>
<tr>
<td>4/5W</td>
<td>Maki</td>
<td>Jeremy</td>
</tr>
<tr>
<td>5/6S</td>
<td>Maddy</td>
<td>Jordan</td>
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<tr>
<td>5/6O</td>
<td>Cadence</td>
<td>Stephen</td>
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Jenny Hoyne

**FATHER’S DAY STALL**

Will be held on Friday 2nd September

Gifts are priced at: $1.00, $2.00 & $3.00

**School Choir**

We would like to congratulate the following choir members on receiving attendance awards for;

**25 lessons**

**20 lessons**
Phoenix P. & Chloe F.

**10 lessons**
Sapphire P.

Until next time.........FEPS Harmony
BASKETBALL LIGHTNING PREMIERSHIP

2016
What’s new in 4/5W!

Hi everyone,
We have been having a very busy term.
Here are some pictures, to see more please visit our class blog:

http://45w2016feps.global2.vic.edu.au
Student Attendance last week

Percentage of students at school 92.0%
Percentage of students on time 93.3%
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>
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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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