FROM THE PRINCIPAL AND ASSISTANT PRINCIPAL

Dear Parents and Families

Friday May 1st Whole School Dress Up Day in the style of 1915

Our school opened on May 1st 1915. Our students, parents and staff should feel very proud to be part of this important day in the history of the school.

Special Classroom Activities during the day
Parade and Assembly at 2.30pm

Saturday May 2nd 10.00-4.00pm

Centenary Open Day
On arrival please register - enter via the front office
Maps of the school available
Merchandise available for purchase
11.00am Official Opening, Glee Club Performance
11.30 Guided Tour
12 Noon Reunions in the Susan Arnts Learning Centre
1.30 Guided Tour
2pm Cutting the Cake, Glee Club Performance
Children’s Games
Devonshire Tea
Sausage Sizzle
Pizza from Napolitano Pizza
Coffee from Est Café

We are looking forward to seeing all our current and past families on the day.

Working Bee Last Sunday
Thank you to the following families who helped at our working bee last Sunday: Gennissen, Shiana, Hylands, Brown, Atran, Valoppi, Scott-Branagan, Lu, Norman, Webb, Ramirez, Wallbrink, Armstrong, Day, Higgins, Badgery, Patterson, Blackman, Hutchison, Ewart, Oakley, Parkinson, Prince, Juonala, Goldman and to all families who may not have registered on the day.

With such a great turn out we were able to achieve many jobs ie drains, asphalt areas, paths, sandpits, Foundation courtyard, kitchen garden, Foundation playground, front of school, staff car park, garden beds, hall, areas between portables and much more. Also thank you Louise Neave, Karen Hebard and Jodie Ewart for your wonderful help on the day.

NATIONAL ASSESSMENT PROGRAM

The National Assessment Program – Literacy and Numeracy (NAPLAN) is an annual assessment for students in Years 3, 5, 7 and 9 that has been conducted since 2008. On Tuesday 12th, Wednesday 13th and Thursday 14th May, students will undertake the 2015 NAPLAN tests. NAPLAN is made up of tests in the four domains of Reading, Writing, Language Conventions (spelling, grammar and punctuation) and Numeracy. NAPLAN assesses skills in literacy and numeracy that are developed over time, through the school curriculum. NAPLAN is not a pass or fail type test, but rather shows how individual students are progressing in numeracy and literacy skills against national standards for all Australia children. All students are encouraged to participate in the tests. Students with disability may qualify for special provisions.
that reflect the support normally provided to them in the classroom. An individual student NAPLAN report will be issued by the school later this year. Parents can use this information to monitor how their child is progressing and to identify any areas of concern. Parents may also wish to use their child’s results to discuss progress with teachers. More information is available at [www.naplan.edu.au](http://www.naplan.edu.au)

**School Council AGM**
School Council conducted the Annual General Meeting in the Susan Arnts learning Centre last Tuesday evening. The 2014 Annual Report for Beaumaris PS can be found on our website.

**Curriculum Day-Pupil Free Day May 25th**
School Council has approved our final Curriculum Day– Pupil Free Day for the year on May 25th.

*Sheryl M. Skewes  Neven Paleka*
Principal  Assistant Principal

**School Uniform**
In the colder winter months if your child needs to wear an additional outer layer to wear whilst outside at recess and lunchtime, we are happy for you to source a plain navy sleeveless fleece vest from the likes of Target, Big W or Best & Less. Alternatively we can make a one off order from Primary School Wear who supply our uniforms for one of their Polar Fleece sleeveless vests featuring our embroidered school logo, which cost $45. If you are interested in ordering one of these items please contact the school office.

**Lost Property**
A reminder that our over flowing lost property cupboard is full of named and unnamed school uniform. It is a good idea to check the cupboard located at the end of the corridor near the art room on a regular basis. Please check your child has their own uniform and not someone else's.

**Bully Stoppers Community Project**
Today Brighton Beach Primary school hosted the second Bayside Primary School Bullystoppers Community Project launch with Psychologist and Bullystoppers ambassador Andrew Fuller. Five Beachside schools - Brighton Beach Primary along with Hampton Primary, Sandringham Primary, Sandringham East Primary and Beaumaris Primary are involved. This year our aim has been to extend this exciting project by inviting three additional schools from outside the Bayside network and we are pleased that Tucker Road Bentleigh, Glengala Sunshine West and Merri Creek Primary Schools have been able to join us. Representative teams of Year 5/6 students have come together to build knowledge of concepts linked to relationship building, friendship and promoting inclusiveness within communities. The students ended the workshop session by accepting a challenge to produce a short feature film around this theme for a combined Bullystoppers Film Fest to be held later in the year.

The purpose is for students to feel confident to lead action for the prevention of Bullying within their communities. This initiative commenced in 2013 with just two schools (Hampton and Brighton Beach PS) and was based on an initial goal of forming a combined student led network to give students the opportunity to grow their skills to become pro-active members of communities. The Department of Education has enabled the project to continue through additional Bullystoppers funding. This has enabled teachers and students to come together and form a strong partnership with the broader community through the Bayside council and in particular Bayside Youth Services.

Four major events planned to date include the:

*Whole School Friendship Lunch and multi-age activity to build social cohesion and awareness of concepts related to the issue of bullying linked to the National day of Action Against Bullying*

* Network project led by Andrew Fuller. Schools challenged to produce a movie promoting friendship and an anti-bullying message.  

* ‘Bayside says no to bullying’ youth forum. All schools invited to participate in workshops to take a stand and say no to bullying. This day will involve training from the Bayside City Council’s Youth Services team of youth workers and counsellors, and other supporting agencies.

* Combined community project Film Fest*
Instruction in the art of mindfulness is emerging in grade schools around the country to help children relax, focus, and help others. But it still has a long way to go to become part of the curriculum nationwide.

By: Katie Arnold   Apr 17, 2015

The benefits of teaching your child mindfulness are far greater than just improved test scores or athletic performance. Photo: Avalon_Studio/istock

On a recent Thursday just after lunch, 20 first-graders gathered in a circle on the carpeted floor of their public school classroom in Santa Fe. Some sat cross-legged and others on their knees, each with one hand clasped in front of them or resting on their stomachs. Their teacher, Katie Norton, sat with them on a low crate and jingled a little bell. The children closed their eyes, looking surprisingly tranquil, even a little sleepy. But they weren't settling in for an afternoon nap. They were practicing meditation.

The room fell into a deep hush except for the steady, metronomic whooshing of little lungs inhaling and exhaling. I volunteer in my six-year-old Pippa's classroom once a week during science lessons (involving beetles and millipedes), so I can report with some authority that this was the quietest and calmest I'd ever seen this gaggle of wiggly, irrepressible six- and seven-year-olds.

Then, somewhere to my left, someone began vigorously flapping their lips. I snuck a peek at the arc of little bodies, each trying desperately to sit still. Pippa sat, hunched over, brows furrowed, one hand over her heart. Another girl sucked silently on one finger. Across from me, a boy rocked back and forth on his shins, his eyes closed. And still the flapping lips kept flapping. I closed my eyes and remembered what a meditation teacher once suggested: to use the noise to anchor me to the moment, like a lawn mower through an open window. As I did, I felt my heart slow and my hands settle on my lap. Is there any sweeter sound than that of small children breathing?

The ancient spiritual tradition of sitting in quiet awareness, meditation has been gaining serious scientific cred as a 21st-century tool for lowering blood pressure, reducing stress, improving sleep, and enhancing physical and mental wellbeing. A 2011 study from Harvard found that a mere eight weeks of daily meditation physically alters the brain's grey matter, increasing density in the hippocampus (linked to memory and learning) and decreasing density in the amygdala (associated with stress and anxiety). Pro athletes, from Olympic skiers to golfers to NFL players, swear by meditation as a means of sharpening focus and improving performance.

Mindful meditation, or simply mindfulness, reaps big rewards for children, too. Research published in the Journal of Consulting and Clinical Psychology in 2009 found that adolescents who participated in eight weeks of mindfulness-based stress reduction showed an 80 percent reduction in mental health problems. A 2013 study in the Journal of Positive Psychology reported that low-income third-graders who participated in once-a-week sitting meditation, yoga, and breathing exercises showed a noticeable decline in hyperactive behavior and ADHD symptoms. Studies have also shown mindfulness to increase kindness, empathy, and emotional control in fourth- and fifth-graders and to ease school-related violent conflict by 65 percent.

Not surprisingly, one of the biggest obstacles to introducing meditation curriculum in schools is time. "Meditation can seen as non-essential," says Norton. "Teachers are under so much pressure that it can be hard to justify taking the time out of the school day." In her classroom, Norton solves the problem by teaching mindfulness in short ten- to 15-minute intervals, which can be easily squeezed in between math, science and literacy lessons. At the low-income Burton High School in San Francisco, the principal extended the school day by 30 minutes to implement mindfulness. "The teachers themselves have to be interested and see the value of mindfulness," says Norton, who was awarded a grant by the Santa Fe public school district to pursue her training.

Norton, who has been teaching first grade for six years and practicing meditation for more than 20 years, is one of hundreds of teachers nationwide who are bringing mindfulness training into the classroom. More than 90 schools in 13 states now teach meditation, thanks in part to nonprofit organizations like MindUP (founded by actress Goldie Hawn), the David Lynch Foundation, and Mindful Schools, a Bay Area-based initiative that offers teacher training and structured curricula for kindergarten through high school.

At the Visitacion Valley School, a public middle school in an at-risk neighbourhood in San Francisco, suspensions have dropped 79 percent since 2011, when the school implemented David Lynch's Quiet Time mindfulness program,
consisting of two 15-minute sitting meditation periods per day. The principal at nearby Burton High School saw similar results after making time for meditation. Even school sports teams, like the boy’s basketball squad in Mount Horeb, Wisconsin, are implementing quiet contemplation to find a competitive edge.

Back in our little circle of ohm, Norton rang her bell, rousing us from silence. The children opened their eyes and began to stir. "You just did 90 seconds of meditation," said Norton, who's been leading her first-graders in two mindfulness lessons a week since attending Mindful School's training program in February. "What did you notice?" The kids chimed in: They'd felt squirming bodies and heard smacking lips and tried to follow their breath. Norton reminded them to sit with what she called "mindful bodies" and straight backs. "Be like a tree," she said, "and reach your head to the sky."

Despite its spiritual roots, meditation isn’t strictly a religious practice. Mindful School’s curriculum includes short meditation periods, followed by secular lessons like mindful listening, gratitude, and what it calls “heartfulness.” The day I was in Norton’s classroom she went on to teach a short session in generosity, asking the kids to think of ways they could be give others their time, love, and friendship, both at school and at home. Their homework: come back the next day with an example of how they’d acted generously.

That afternoon, after we returned home from school, for the first time in her life, Pippa offered to do the laundry. She stood there piling it all into the washing machine and watching it spin, in a kind of ecstatic trance, while I looked on, equally dumbfounded. This was the same girl who throws an epic fit when asked to pick up her coat off the floor. At school, Norton is noticing changes, too. "The children seem to settle more quickly after transitions," she said. "It's much easier for them to go from full speed to zero."

It’s pretty thrilling to imagine a future where all public school teachers are empowered and enabled to teach mindfulness as part of the regular curriculum. Until then, it’s not as daunting as it seems to instill the basics at home. Start with just 90 seconds of quiet sitting together, inviting your child to tune into his breath, or yours, as he inhales and exhales. Kate Reynolds, a family psychotherapist and director of the Santa Fe Center for Mindfulness, likes the "rock-a-bye-baby" trick for calming little ones: put a stuffed animal on your child's stomach to help him focus on the rise and fall of his breath. Or help him tune into the present moment by doing a "five senses scan." That means paying attention to what he sees, hears, smells, tastes, and sees? "This one shows how the body is always in the present moment, but the thinking mind so rarely is," Reynolds said. “It’s fun to practice while eating dessert!”

Another option is to have children send friendly wishes or heart-full thoughts to themselves and others, such as "May I be safe, may I accept myself, may I have fun times, may I have good friends, may I be peaceful, may I be understood, may I be happy." Finally, check out this video to inspire your kids to pause, take a breath, and wait for a good response.

In the competitive sport that is modern parenting, raising a serene little Buddha can seem like just one more extracurricular your child has to master. But sitting with the first-graders, I realized it didn't matter if meditation improves test scores or athletic performance. These kids are learning essential life skills in kindness, compassion, and self-acceptance—qualities I wish I’d been exposed to when I was six. If mindfulness helps Pippa become a better listener, tame her occasional wild-child tantrums, or pitch in around the house without throwing a hissy fit, that’s icing on the cake. She already has a major head start in the most important lessons in being human.

Article source: http://www.outsideonline.com/1967871/meditation-should-be-taught-school
LEVEL LOW DOWN

Foundation

This week the children have been learning about length. We have measured class items using informal units of measurement such as ‘unifix’ blocks and paper clips. The students have learned many new mathematical terms such as long, longer, longest, length, short, shorter, shortest, wide and width. Just for fun, have them measure things at home with pegs or other items and ask “How long is the dining room table?” You can reinforce the mathematical language we have used at school. During investigations, the reporter’s task was to make unifix block towers of different lengths. They then had to find items around the room that were the same length as the unifix towers. We have even had some students making “measuring books” and a book called ‘Measured animals’ was written by Tilly Hutchison. See attached photos!

At the moment we are seeking small boxes and recyclable items for our construction area please. Any spare Woolworths dominoes would also be appreciated so that we can practise ‘subitising’ in maths - “What number do you see and how do you see it?”

Please remember to be at school by 8.55 so that all the children can line up together. We are finding that a few families are arriving late to school and it really does take your child a while to settle down when they arrive after the other children are already seated. Please ensure punctuality.

Year One

In Year One this week we went to the Beaumaris Library and learnt about how this library works. If you have a library card you can bring it along next time to borrow some books. It’s so important that they are returned on our next visit though. We are working on a range of new learning intentions for the following fortnight. Our CAFÉ focus for this fortnight is “I can skip a word and come back to it”. This means we are learning how to read in context. Often, if you don’t know what the word says you can work it out by thinking about what might make sense as well as sounding it out. We’re working really hard on narrative writing. We’ve had fun making up stories about the olden days. Especially during our week of centenary celebrations! Monday’s are the day we return our reader bags to be checked by our teachers and change our books. Please make sure you return it every week. Reading at home allows us to practise all the reading skills we learn at school. We’re looking forward to our 100th birthday on Saturday! We hope all our wonderful families can make it.
**Year Two**

We have been busy measuring over the last week. Measuring length, measuring volume, measuring mass and measuring area! Phew! We especially had fun using the trundle wheels. We measured all sorts of things around the school. We discovered the basketball court has a perimeter of 90m! It was really interesting comparing our results with other classmates. We didn’t always get the same measurements. I wonder why?

**Year Three**

In Year 3 we have continued exploring historical events in preparation for our up and coming ERP’s. Each class has started unpacking their History learning intentions. We have been discussing and transforming some of vocabulary to gain a clear understanding of what each intention means. Later in the term (After NAPLAN) the students will have the opportunity to make connections between their interests (eg. Basketball, fashion etc.) and one learning intention.

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**Year Four**

The Year 4 students are learning about Australian History this term. They had a special visitor yesterday, Ellen 'Jean' Cornford (Docherty), who was a student of Beaumaris Primary School between 1931 and 1939. Jean helped the students develop an understanding of school life in Beaumaris eighty years ago by sharing her many memories of the past. They heard about the environment, the school curriculum, the girls and boys, the games, the school building and the punishments of that time. The students were amazed to hear of a story about a homeless man who slept in the school roof during the day. Jean is a neighbour of school parent Jill Blackman and we sincerely thank Jill for organising this visit.

Just a reminder about the House Cross Country event which will be held on Thursday 7th May at Sandringham College, Beaumaris Campus.

This week the students have received an excursion notice about a day at the Melbourne Museum on Thursday 14th May. Please note the early start time of this excursion. It will be an 8.30am departure from school.
**Year Five**

The Year Five cohort is eagerly awaiting the start of winter sport and have been taking time to develop team skills and general fitness in the absence of Year 6 students who have missed training with some excursions. Our geography understanding is developing with a recent walk to the Ricketts Point area to identify and sketch the natural and human driven transformations of the environment. It was great to see students identifying the positive and negative elements of human development in our local area.

We are looking forward to seeing lots of visitors for the centenary celebrations on Saturday and are proud to be hosting the wonderful work done by the centenary committee in our classrooms- representing the 1990s to the present day. Happy 100th birthday Beaumaris Primary.

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**Year Six**

The Year Six students have had a busy week. We have been completing our Geography rotations in preparation for our ERP’s. Winter Sports will be starting next Friday and all the Years Five and Six’s are meeting their coach, teams and starting training next week. Last Friday we went to Sandringham Junior Campus where the Year Six students got to explore the Year Seven classrooms and compete in the ‘Amazing Race Competition’. Friday the 1st of May we will be going back in time and reconstructing the classrooms to resemble a classroom in 1915. The students and teachers will have the opportunity to dress in costume for the day and participate in lessons and activities linked to 1915. This is to celebrate the school’s centenary, we look forward to seeing all the families past and present who have been involved with Beaumaris Primary School. It is a very special occasion celebrating this beautiful school which was established 100 years.
Scholastic Book Club
A reminder that Issue 3 of Scholastic book club is due back **Monday 4th May**. All children get age appropriate catalogues. However you are able to order from any catalogue. All the catalogues are available in the office foyer. Please feel free to help yourself. Please also remember we can't accept cash. Please pay by cheque or online by credit card. Any queries please contact Ness Newell 0424 329008 lochnessmonst71@hotmail.com

WASTESAVERS
A reminder that our new initiative “**Bag it and Bring it!**” runs throughout the year so if you have anything to recycle please bring it to school and put it in the special recycling bin opposite lost property. Since first collection on Tuesday 2nd Dec we have already raised **$153.10** for our school. So far:
380KG of unwanted or outgrown clothing has been recycled
Please remember if you are having a clean out to save anything that can be recycled and help raise funds for our school.
Many thanks
Ness

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**MOTHER’S DAY CELEBRATION**

**NEXT FRIDAY - 8 MAY**

**Mother’s Day Stall**
- Will be held at school next **Friday - 8th May**.
- All gifts are priced at **$7.00**.
The children will be able to choose one gift during their class visit
- Please ensure that each child brings **$7.00**
  *(payment must be made on the day.)*
- **Bring a Bag** to take the gift home in!
- If any gifts remain at the end of class visits, students will have an opportunity to purchase a second gift.

**Coffee Cart**
Mums, from 2:30pm a Coffee Cart will be operating prior to assembly— enjoy a complimentary treat.
Hello Students, Parents and Teachers,

Firstly, as some of you are aware, our much loved co-ordinator, Jessica, is getting closer to achieving her goal of becoming a teacher, and unfortunately will not be able to spend as much time here at Camp Australia. So, I would like to introduce myself as the new co-ordinator here at Beaumaris OSHC. I am so excited and humbled to be at such an incredibly welcoming school, filled with such enthusiastic students. I know in the coming terms we will have great fun together!

So far in Term 2, we have been focusing on all things space and out of this world. We began the week constructing and painting aliens and spaceships. They turned out to be incredible as I found what a talented group of students they are! We have also made paper rocket ships which competed in a flying competition to try and hit a target. The designs were inspired and it was great fun decorating them after the competition.

As the weather has been fantastic and dry this week, we have taken to the playground. The games of the week were cricket and ball tiggy, and I was extremely impressed with the teamwork and encouragement shared amongst the students.

It has been so lovely meeting you all this week, and if I haven’t had the pleasure yet, please feel free to pop in to the Camp Australia room and see what we are up to. I cannot wait for all of the fun times to come!

Bianca

How to get started

Once registered
You can make bookings and cancellations, view your statements and manage your details anytime of the day.

Save on Care
Save 50% or more on Before and After School Care with the Child Care Rebate. Almost all families are eligible. To find out more call our Customer Service Team on 1300 105 343

Healthy Snacks
Afternoon tea is served daily. Menus are tailored to children's tastes, developmental and nutritional needs. Afternoon tea includes a selection of yummy sandwiches and fruit. Children may also engage in fun cooking activities.

JOIN THE FUN
Don’t forget about the Camp Australia Holiday Clubs these school holidays. Use the Holiday Club Finder on the website to find the nearest program: www.campaustralia.com.au/holidayclubs

OSHC phone: 95897128

we make kids smile
www.campaustralia.com.au