FROM THE PRINCIPAL AND ASSISTANT PRINCIPAL

Dear Parents and Families

Please remember that school is closed on Monday 9th and Tuesday 10th March, we hope everyone enjoys the long weekend—see you all on Wednesday.

To celebrate our centenary year, next week we will launch the **BPS Centenary Journals Project**.

Each class will receive a journal inviting families to contribute stories, photographs, drawings, or create a collage about their family. Every Wednesday a different family will receive the class journal to be returned the following Wednesday to pass on to the next family.

Families can contribute between one and four pages to the class journal. If you are looking for ideas perhaps start at [http://www.1000journals.com/](http://www.1000journals.com/) which leads to many YouTube clips with ideas for journals. Some sample pages will be sent home with the class journal. We have included some samples from 1000 Journals project book on the last page of our newsletter or you can view the book at the school office.

Start planning your contribution. Holidays, favourite memories, pets, poems, special messages, are just some ideas. Be creative!

Please don’t use textas. Please use drawing pens and pencils. As families will have the journal over the weekend we hope this becomes a wonderful family weekend activity.

The concept was shared at the Parent Club meeting on Tuesday and the presentation is located on our website. [Click here](#)

Class Representatives will receive a copy of the class list with issue dates assigned to each family. Please liaise with the Class Rep to ensure the journals keep circulating. We have scheduled the project to conclude in Term Four. All journals will be displayed and then kept as a history of family life of students at Beaumaris PS for future generations to enjoy.

**Thank you to the Garden Club**

A huge thank you to all involved last Friday. The front of the school looks great. Thank you to Victoria Beale who prepared the report below. The trimming and new plants make the school entrance neat and welcoming. Thank you everyone.

*Sheryl M. Skewes*
Principal

*Neven Paleka*
Assistant Principal

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**DIARY DATES**

**Friday 6 March**
Whole School Bush Dance 5.30pm

**Monday 9 March**
Labour Day Holiday

**Tuesday 10 March**
Pupil Free Day

**Wednesday 11 March**
Division Swim Carnival

**Thursday 12 March**
Year 6 Excursion to Immigration Museum

**Friday 13 March**
National Ride2School Day

**Thursday 19 March**
Bully Stoppers—National Action Against Bullying: Foundation to Year 6

**Friday 20 March**
Year 3 students performing at Assembly 3pm

**Sunday 22 March**
Working Bee 9-11.30am

**Monday 23 March**
Year Six History Expo 8.45am

**Monday 23 to Wednesday 25 March**
Year 4 Camp

**Wednesday 25 March**
Year Five History Expo 9am-10am

**Thursday 26 March**
SMR Swim Carnival

**Friday 27 March**
Easter Raffle, Foundation Easter Bonnet Parade

**END OF TERM 2.30PM DISMISSAL**

**Saturday 28 March**
Open Gardens Australia
22 Lang Street, Beaumaris Open 28-29 March 10am-4.30pm—BPS Glee Club will perform at 10.30am
to water during the week that would be great - the tap is just round the corner and the office have the top of the tap. Buckets are in the green shed. If you have the time or the inclination they could probably do with a little soak before maybe Monday/Tuesday next week, then again Friday just until they settle in. Drop into the office for the tap top, let them know you are there for watering.

**DIARY DATE:-** The fourth Friday next month is the last day of term and also one of the highlights of the year, The Foundation Year Children’s Easter Parade, so we will bring the Garden Club next month forward by one day to **THURSDAY 26th March**.

Mrs Redlich has requested that we work in the Foundation Area next session to extend the purple Statis theme. Sheryl is on board and so the next session on 26th March will be a big planting session around 20 - 25 plants. Mrs Redlich will then maintain this area with her foundation students.

Thank you again for all your efforts. Victoria

**Some tips for parent spectators who support our students at Interschool Sport.**

(a) Students play organised sport for fun.
(b) Applaud good performance and efforts by your team AND the opponents. Congratulate both teams upon their performance regardless of the game’s outcome.
(c) Respect the official’s decision.
(d) Positive comments are motivating.
(f) Show respect for your team’s opponents. Without them there would be no game.
(g) Encourage players to play according to the rules and the officials’ decisions.
(h) Demonstrate appropriate social behavior.


**Seaside District Swimming Carnival at MSAC.**

On Tuesday 6 March, Beaumaris Primary School competed in the Seaside District Swimming Carnival at Melbourne Sports and Aquatic Centre. It was a great morning to be at the pool watching all the talented swimmers from our District competing for their schools. We had some amazing individual results: Lea 3rd in the Backstroke, Marcus 3rd in the Freestyle, Evie 2nd in the Freestyle, Charlotte 2nd in the Freestyle and 3rd in the Breaststroke and the 10 year old Girls Freestyle Relay team consisting of Charlotte, Eliza, Ginger and Evie placed 3rd. Charlie placed 1st in the Breaststroke and we wish him all the best at the Regional Carnival in a couple of weeks. All the students are to be congratulated on their behaviour and sportsmanship throughout the morning as well as their ability to cheer on the Beaui swimmers. A huge thank you to Lea’s mum KB and Milla and Fern’s mum Samantha for helping out on the pool deck as back up timers. Another big thank you to all the parents and grandparents who came to watch and support our swimmers. It is always a big boost to have such a wonderful cheer squad behind you. The last big thank you goes to Ms McManus and Mr Lilburne for their help on the day. It is such a big job supervising and organising the swimmers and making sure they get to their events on time.

Samantha Robinson   PE/Sport Coordinator

**Centenary News**

We are calling for volunteers to help out with preparations for our Open Day on Saturday 2nd May from 10am to 4pm. Everyone interested in volunteering is invited to the staffroom on Thursday 12th March at 9am. Unless you have done so already, please have a think about the type of area you’d like to help with and complete our volunteer form here : [http://beaups.vic.edu.au/uploaded_files/media/centenary_volunteer_request.pdf](http://beaups.vic.edu.au/uploaded_files/media/centenary_volunteer_request.pdf) and return it to the school as soon as possible. Hope to see you there!!

**Canteen News**

Please note that if you are ordering your lunches online, you do not need to provide a paper bag. The cost of the bag is added to your order automatically. The canteen has only 3 more open days between now and the holidays, so remember to make the most of it! If you are not ordering online, please make sure you have put your bag (which is big enough to fit your order in it!!) plus money into the blue tub near the office by 9.10am each Monday and Wednesday.

**Special Lunch Day**

We are holding a Sushi Special Lunch Day on Friday the 20th March. A form will come home with your child this week and you can either order via Qkr or return the form with the correct money to the office. All orders must be placed by 9am Monday 16th March. Late orders will not be accepted.

**WLA Study Tour**

Last week the Foundation and Year One teachers were very proud to host a Walker Learning Approach study tour. We had over 40 teachers from Western Australia, South Australia and Regional Victoria who come to observe play based and personalised learning at Beaumaris
Healthy ways for kids to manage their emotions

Emotionally intelligent children, like their parents, know a range of healthy ways to manage their feelings.

1. Breathe deeply
   The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight). Count to 3 quietly while breathing in through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little heady, which indicates deep and low breathing.

2. Find a favourite relaxation exercise
   There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can’t help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax.

3. Use a positive reappraisal
   Emotions are caused not by an event, but by the way we look at an event. To one person, giving a wedding speech is a chance to strut their stuff (so they feel excited), while to someone else it is nothing but a nightmare (so they feel anxious). Change the way you view something and you’ll better be able to manage your emotional response. “This is a challenge, not a problem” is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

For all past copies of Michael Grose’s Parenting Insights articles please visit our website at
... healthy ways for kids to manage their emotions ...

Deal with negative feelings

5 Exercise
Exercise releases endorphins, nature’s feel-good chemical, which will move your mood to a better state. The paradox is that we often don’t feel like exercising when that’s exactly what we really need. Don’t let those feelings stop you. Going for a run, walking the dog or even a playing a game outside with the kids is the very thing you need to feel better.

6 Distract yourself
A healthy distraction, such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions. It’s a highly recommended strategy for natural worries. It’s amazing how much better a situation will seem after giving your mind a short break from it.

7 Have constructive habits and hobbies
One of the tenants of good emotional health is that a person needs hobbies and interests that lift them up and make life enjoyable. Single-track minds – all work and no play – are recipes for emotional disaster. If you can relate to this, then I suggest you take the time to find a hobby or interest that absorbs you. The same, of course, holds for kids. All work and no play makes... well, it’s hard to hold it together if you are feeling stressed all the time.

It’s important that as parents and teachers we practice good emotional management techniques ourselves so we are better placed to pass them on to kids. The upside is that it will make us feel better, make better decisions and be more effective as parents and teachers as well.

This is an extract from “15 right ways to manage emotions”, a special report available at ParentingIdeasClub.com.au

Michael Grose

LEVEL LOW DOWN

Foundation

This week we have been learning to handwrite the letters c and o in Victorian Modern Cursive script. Last week we sent home a sheet on 'Handwriting Elements' which explains the language we use to form all lower case letters. For example, letter 'c' is an 'open mouth' and letter 'o' is an 'open mouth, close it up, bar.' These tags make it much easier to follow instructions when we are teaching handwriting. Instructions like 'go up', 'go down', 'go around' are very confusing for children. If your child wants to practise their letters at home please refer to the sheet so that you are using the same language that we use. Next week we start school full time and the 'focus child' roster will be on the communication board. The term 'focus child' refers to your child working with the teacher during 'tuning in' to discuss what they will be working on during investigations. We honour their authentic interests and use their interests to scaffold and model learning. We spend time with each focus child during investigations and this helps us develop positive relationships by getting to know more about your child. Focus children report on their learning at reflection time. As teachers, we highlight their learning, their skills, our school values, class norms and behaviours they have followed. Focus children also work closely with us for the rest of the day in Maths, English and other curriculum areas.

Year One

We’ve had a busy week in Year One this week! We dressed in our best on Monday to have our class photos taken. We can’t wait to get these back later in the year! Keeping them safe in a special album and looking back on them every year will be a great way to remember what fun we had together in Year One. We’re working hard on spelling, practising words that we use all the time in our writing and read in our school and home reading books. If you come across these words at home don’t forget to practise writing and reading them. Logging on to Literacy Planet as well as Matheltics at home is a great way to continue to work on the skills we learn and practise at school. Lots of children in Year One are very interested in learning how different items work and are put together. We’re very keen to get our Tinkering Learning Centre full of valuable resources so that our students can enjoy exploring this interest during investigations. If you have any items that can be safely pulled apart and don’t need or want them anymore, please feel free to bring them to school so they can be put to good use in our learning environments!
Year Two

This week in Year Two, the students have been working diligently to follow many of our learning intentions. We have been describing the features of shapes, experimenting with exclamation marks and using our time wisely to finish set tasks.

Our fashion design learning centre has been quite busy during Investigations, with many students showcasing their creative talents by making costumes, sewing and cutting patterns. They have enjoyed parading their designs for their classmates and have been working collaboratively and in small teams.

If you have any unwanted material, sewing needles, buttons or patterns, we would happily accept any donations!

A gentle reminder – please make sure your child returns their take home books and library books each week for changeover.

Year Three

This week in Year 3 the students have been very busy! For Geography, the students are using atlases and online encyclopedias to start researching a Geographical feature of Australia. Each student has been given criteria to use for the project. This includes the location of the feature, how the feature has changed over time and information about how to protect/preserve it. The teachers are emphasising the importance of presentation, use of time, spelling, grammar and writing researched information in your own words.
**Year Four**

To support Clean-Up Australia Day in our local community Year 4 managed to fill 7 garbage bags with rubbish that we found at the Beaumaris Community Centre. It’s amazing how much litter you can find when you look closely! Thank you to Robin C, Rika, Robyn H, Sema and the Van Dort family for assisting us with last Friday’s clean-up. 4DP had a visit from Mrs Pearman on Friday afternoon who showed off her skills on crutches and her freshly plastered right leg. She was so happy to see her students and they enthusiastically signed her cast. Congratulations to our swimmers who represented our school on Tuesday at the district swimming sports. Their commitment to attending the before school training over the past few weeks has been noted. Thank you also to the parents involved in the transporting of the swimmers to and from the pool. Another parent to acknowledge this week is Sean who gave 4DP a Geography lesson from a pilot’s perspective. Below are some photos taken over the past week at school.

**Year Five**

In year 5 this week we have continued with our ERP preparations and students are collecting information and making decisions about presentation options as they share their new understanding of Australian history. We are continuing to develop a better understanding of the narrative writing process and making sure our writing has a big impact on our readers. In maths our focus has been on the many variation there are for reading the time and applying our understanding to reading timetables and planning events. Hope you are all looking forward to Friday’s bush dance. The Year 5 team.

**Year Six**

Today the Year 6 students had a visit from Brighton Secondary about their Year 7 program and the transition to secondary school. We will be working with them later this year for our debating unit as well. Students are learning how to construct an effective persuasive piece and they seemed to really enjoy the Convince Me game in class. History ERPs are underway and there is a wide variety of interests being linked to 20th century Australian history. For sport this Friday we have a double header. Students will need to bring with them a snack, water bottle and sunscreen to reapply between games for outdoor sports. We hope all families enjoy the mid-term break this long weekend.

**Year Five & Six interschool sports tops**

Our delivery of the new year five/six sports tops has been received today at school, so we are now ready to accept your orders for this new uniform item. The tops are available in sizes 10-16 only and cost $34; they can be ordered via Qkr or using the standard uniform order form (download from the school website or pick a copy up at the office). These new tops are only to be worn by our year five and six students and only on Fridays when competing in the interschool sports competitions. (Please note: they can be worn for the full day on Friday—no need to change back into our normal school polo after the interschool sports event).
FROM OUR PARENT CLUB......

Scholastic book club
Thanks to the huge number of orders from Issue 1 the great news is that we already have $375.50 in school rewards to use. Issue 2 of Scholastic book club is due back Monday 16th March at the very latest to ensure delivery before the holidays. All books will be ordered on the 16th and are usually delivered within a week. 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 329 008 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.

Congratulations to Karen Munn on being the winner of our IPad competition for paying her contributions by 23 February. Karen is one of over 100 families who used the Qkr app for a school payments including canteen, uniform, contributions etc. Our Parent Club President, Fiona Love, drew this competition for us. Well done Karen!

Next Thursday the 12th there is a very exciting opportunity for our school. The Media Captains of 2015 (Lucy, Aaron and Rory) and Yiana our School Captain of 2015 are going to be representing the school on 88.3 Southern FM from 8:00am—9:00am. Remember to tune in and listen!

COMMUNITY NOTICEBOARD
For information of what is happening in our Community don’t forget to check out the Community Notice board behind the shade house.

Edworks Tutoring Centres
Cat Protection Society of Victoria—Adopt a Cat or Kitten
Black Rock/Beaumaris North AFL Auskick Our Auskick sessions are held at Donald MacDonald Reserve (Keating Street, Black Rock) every Saturday morning from 9.00am to 10.30am, starting the 18th April 2015. Throughout the season we will also run a "Friday Night Under Lights" session.

Our centre is a fun and vibrant centre with passionate, experienced and friendly coaches. We are also lucky enough to have the support of Black Rock Football Club, who kindly open their canteen and run a sausage sizzle, with all profits going back to our Auskick centre.

The cost is $86.00 for 12 skill based sessions. Registrations are now open—Click here to register

Our team will be playing at Etihad on Sunday 10th May Carlton vs Brisbane match—so sign up soon.
SADDLE UP AND GRAB YOUR PARTNER

YOU ARE INVITED TO THE BPS FAMILY BUSH DANCE

Date: Friday 6th March

Time: From 5.30pm – 9.00pm

Location: Asphalt area (beside the shade cloth)

Event: Family bush dance. Bring the whole family for a night of entertainment and fun

Band: Blackberry Jam

BYO: Picnic food/dinner, drinks & rug/chairs

This is a great opportunity to meet new families and to catch up with friends. Come along and see the children perform what they will have practiced during the day at their bush dance incursion.

Your evening includes:

• Fun family dances for everyone to join in
• Whip cracking
• Emily the Emu
• Children to join in with the acting of Waltzing Matilda
• Camp fire
• Spot prizes on the night

Check out Blackberry Jams facebook page:

https://www.facebook.com/pages/Blackberry-Jam-Bush-Band/328546300494036
The only legacy I can leave my children is having loved them unconditionally and dying for them without anything in return.

The most memorable event in my life is having constructed the first suspension bridge in the Philippines crossing the Cagayan River and where I met my loving wife Marites.

Angelito Vicente
Engineer Consultant
8 Jan 2005