FROM THE PRINCIPAL AND ASSISTANT PRINCIPAL

Dear Parents and Families,

Launch of the BPS Centenary Journal Project

Last week in Stop press we announced the Centenary Journals Project. The Centenary Journals went into circulation yesterday. A child in each class took the class journal home to their family. We invite families to add something to the journal. Sample pages are included in the journal and some suggestions were added to last week’s newsletter. A letter was sent home to Class Reps explaining how they can support the classroom teachers to ensure the success of the project. We hope you enjoy preparing a few pages about your family. Let’s make the stories of families at our school in our centenary year, live on for future generations to enjoy.

Bush Dance Postponed until November

The weather was not on our side last Friday. The possibility of storms in the evening meant the decision had to be made by Parent Club Bush Dance organisers to postpone the event. Thank you to Fiona Love for organising the bush dance workshops for the students. To the delight of the students, alternative arrangements were made to allow the workshops to go ahead despite the weather. The students thoroughly enjoyed a little taste of our history through dance, and they especially enjoyed the whip cracking display!

Curriculum Day Facilitator: David Anderson

On Tuesday teachers spent the day with David. He facilitated workshops focussed on the importance of relational trust as the foundation of an effective organisation. As we are about to launch our Strategic Plan for 2015-18, it was opportune to think about and plan the ways we will be working together to ensure the school continues to thrive.

Beachside South Cluster Meetings for all Teachers

Local school leadership teams have worked together to schedule meetings of teachers from across our cluster. The schools in our cluster are Cheltenham, Black Rock, Sandringham, Sandringham East, Sandringham SC, Beaumaris North, Hampton and Brighton. After school on Wednesday teachers met in year level teams and Specialist areas to share best practice in assessing student learning. Meetings are scheduled each term and the focus each term will vary.

Student Absence

Parents are reminded that students are required at school every day. Explanations for absence are a Department of Education requirement and must be received by the school either in writing or by phone. Unexplained absences are not acceptable. Student attendance has a direct influence on student achievement.

Parent Information Evening Presentations

As mentioned last week, for those parents who were unable to attend the sessions in recent weeks, the presentations have been made available on the school website.

Fortnightly Statements Of Intent

These too are available on our website. The Statement of Intent (SOI) gives parents are broad outline of the concepts to be worked on across the fortnight. Parents who
were able to attend the information evenings would have heard teachers explain the expansion of the SOI in to weekly planning, daily planning and group work to ensure the delivery of a differentiated program to accommodate the range of student learning needs and abilities.

**Friendship Lunch**

Next Thursday the 19th of March all BPS students will take time to participate in our whole school Friendship Lunch. This is part of the ‘Bully Stoppers’ initiative and our response to the National Day of Action against Bullying. Five Primary Schools (BPS, Brighton Beach Primary, Hampton Primary, Sandringham Primary and Sandringham East Primary) are involved in this project and all will be conducting Friendship Lunches at the same time.

This will involve students meeting in multi-age groups from Year 6 down to Foundation (Prep). Our Year 6 students (along with the support of teachers) will be leading each group through some ‘Getting Along’ workshop activities and finish by sitting together and eating their lunch. Our Friendship Team Ambassadors along with a group of student reporters and photographers will also have important roles in capturing the highlights. This is a great opportunity for students from all year levels to meet together and reinforces our Buddy Program.

Thanks must go to the Friendship Ambassadors, Mrs Fildes, Mrs Madden and Mrs Meehan for the organisation of this whole school event.

_Sheryl M. Skewes_  
Principal

_Neven Paleka_  
Assistant Principal

**Junior School Council**

Ride, Walk, Scoot to School Day By Jenna

On Friday the 13th of March, is ride, walk or scoot to school day. By riding, walking or scooting to school you are helping the fitness and decreasing pollution. With all of our families driving our cars to school it can contribute to pollution. By riding, walking or scooting to school you will also increase the amount of exercise you do each day.

Please remember to wear your helmet if you are riding or scooting. Also ride, walk or scoot safely with a parent. If you live faraway from the school you could drive halfway and walk or scoot the other half.

During the day the JSC will visit each class and see who rode, walked or scooted to school. We look forward to seeing you riding, walking or scooting on Friday the 13th of March.

Thank you :)

**Centenary Fete**

We are currently asking for donations of the following items:

- 2nd hand books, DVD's, CD's and computer games
- 2nd hand soft toys
- Trash n Treasure items - not too large and bulky please
- 2nd hand clothes and school uniforms - good quality only please

Please note we do not need blankets, doonas, sleeping bags etc as we cannot on sell these type of items.

Kind Regards  Karen Munn

**Canteen News**

Canteen is closed for the last week of term so there are only two more trading days to go. Qkr’s popularity is growing steadily and saves us a lot of time counting money and writing on bags so if you are able to start using the program as soon as possible, that would certainly be appreciated. Of course, you can still continue to order your lunches by putting your bag and money in the blue tub near the office. There has been a huge increase in late lunch orders so please try to train yourself to enter school via the office on lunch order days. We will always accommodate late lunch orders as best we can but it is much easier for us if we know how many lunches we are preparing first thing in the morning.

**Sushi Special Lunch Day**

Volunteers required. On Friday 20th March we are having a Sushi Special Lunch Day and we need some volunteers to help out between 11.30 and 12.30. The canteen will not be open for sales on that day but there will be a lot of sorting of sushi rolls to do in time for the children to collect their orders prior to the lunch bell. Please email canteenbps@gmail.com if you can help. Remember that your orders need to be in by Monday 16th 9am and no late orders can be accepted.

**Centenary News**

A huge thank you to the volunteers who have signed up to help us celebrate the school’s 100th birthday on Saturday the 2nd May. In this morning’s meeting we got the "show on the road" and to those who sent their apologies we will be in touch shortly.

There will be another meeting of volunteers on Thursday 26th March at 9am in the staff room and there are plenty of jobs still available for those who would like to come on board.
Sleeping beauties

Helping kids get the right amount of quality sleep will reap manifold rewards when it comes to their development and general wellbeing, writes Karen Fontaine.

Article contributed by Karen Fontaine

Whoever coined the term ‘sleeping like a baby’ had obviously never lived with one. Infants’ sleep patterns are notoriously erratic, and as they grow up the story remains much the same. Preschoolers kick up about napping during the day, school-aged children want to stay up late at night and teenagers refuse to get out of bed in the morning.

One thing remains the same: sleep is critically important for children, but Australians are getting about half an hour less sleep per night than they did 30 years ago, according to a study by the University of South Australia’s Centre for Sleep Research.

Kids are going to bed later because it’s now the norm for both parents to work full-time, meaning that evenings are often the only opportunity for family time. In addition, the intrusion into bedrooms of digital media such as mobile phones, laptops and iPads means children are getting less shut-eye – with far-reaching consequences.

“With disturbed sleep, you pretty well see changes in everything, from the cardiovascular system through to the skin,” says Dr Kurt Lushington, head of the University of South Australia’s Centre for Sleep Research. “You can go without food for a week or so but you cannot go without sleep.”

As Dr Lushington says, sleep is important for memory, “so if you want to remember things and to forget things – which is equally important – you have to sleep”.

“We also know from animal studies that sleep state seems to be incredibly important for the optimal wiring up of the brain,” he says. “In infants and kids, sleep plays an important role in the optimal development of the brain. Sleep is also important for growth, and for those who don’t get enough there is a failure to thrive. Sleep plays an important role in the immune system and it also anchors the circadian body clock system.”

Most parents realise the importance of sleep, Dr Lushington says. However, “what many don’t appreciate is how important structure, namely a routine, really is”.

“Our research shows that in terms of kids being able to cope with school and life and not having any problematic behaviours, it’s not so much how long they sleep – what’s important is a regular schedule,” he says.

“Kids who go to bed at different times and wake up at different times with big swings on weekdays compared to weekends – those are the kids who tend to get into trouble. Sober habits are very important.”

There is no such thing as a sleep bank – meaning that even if a child had 12 hours sleep last night, they won’t get away with just eight hours tonight. Parents need to stick to a routine, make evenings as predictable as possible, and enforce hard-and-fast rules, particularly for teenagers, about digital media in the bedroom.

“The teen years are a period of life where it’s to be expected that you will hand over control to them; learning their own limits is part of the journey,” says Dr Lushington. “And, being young and healthy, they can sometimes stay up all night and be fine the next day. What you can do is help them see the connection between how they’re sleeping – and how they feel during the day.”

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Recommended Hours per Night</th>
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<tbody>
<tr>
<td>Children aged 2-5</td>
<td>11-12 hours</td>
</tr>
<tr>
<td>Children aged 6-12</td>
<td>9-11 hours</td>
</tr>
<tr>
<td>Teenagers</td>
<td>8-10 hours</td>
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And adhere to these rules, advises Dr Lushington:

> “On the weekends, don’t let kids stay up more than an hour or two later than they normally do, and don’t let them sleep in more than an hour or two later than normal.”

> “Give them time to unwind before they turn out the lights and don’t let them fall asleep in front of the TV. There has to be a routine for falling asleep – otherwise what happens is that unless the light or the TV is on, kids can’t fall asleep – which is crazy.”

> “Exercise, big meals and hot baths are not a good idea directly before they go to bed.”

> “Keep track of how they are during the day. If they look like they’re not coping or if they’re irritable, it might be that they need more sleep.”
LEVEL LOW DOWN

Foundation

Last Friday the Foundation students had an absolute ball learning the ‘Heel and Toe’ dance to the live music of the ‘Blackberry Jam’ bush band. We very much look forward to the Family bush dance that has been rescheduled to Friday 13th November. If your child has come home and told you they were a ‘Freebie’, it means that during investigations he / she has demonstrated a skill that happened to link to our literacy, numeracy, environmental or developmental learning intentions. A ‘Freebie’ can also be a student who has demonstrated an interest, skill or behaviour that doesn’t necessarily link to a learning intention but it is just a great moment to capture, share and model with all the students.

Year One

We hope everyone had a very restful couple of days over the extra, long weekend this week! It sounds like lots of families got up to some very exciting activities during this time. In Year One this week we have been working on skip counting by 2’s, 5’s and 10’s from zero starting points in maths. Practising skip counting will help us to count large sets of numbers and recognise repeated addition (e.g 2 + 2 + 2 + 2 = 8). We’ve been looking at different maps of our local communities both on paper and on the internet (e.g Google Maps). We’ve managed to find were Beaumaris Primary School is located in relation to some of the familiar places around the suburb for example The Concourse. In English the week we’re starting to write letters to different people for different purposes. We’ve continued to work on new CAFÉ strategies. We are practising ‘reading’ punctuation to enhance our reading. We pause and full stops and change our voice if we see talking marks or words entirely in capital letters.

Year Two

It has been a short in Year 2 so far. Many students returned after the long weekend feeling refreshed and ready for lots of learning. The Year 2 students are focusing on the elements of writing a recount and we heard many stories of adventures in Inverloch, Lorne, Apollo Bay and Moomba.

This week we are learning to name and identify 2D and 3D shapes, describe their features and attributes and compare the differences. Maybe your child could spot some 2D and 3D shapes around their home!

Thank you to our ‘Happy Helper’ students each week who have been taking good care of Chump, Scruffy, Freya and Spotty (our class mascots) over the last few weeks. Scruffy the dog went strawberry picking last weekend!
**Year Three**

Welcome back, we hope our families enjoyed their special long weekend! Last week, the Year 3’s were invited to a Bush Dance Incursion. The band performing was amazing. They played lots’ of different Aussie instruments, cracked the whip and shared some fascinating bush stories. They put on a great afternoon that everyone really enjoyed! A few lucky students were chosen to crack the whip while wearing a Ned Kelly mask.

The Year 3 teachers would like to remind our families diaries need to be at school daily with the previous day of reading recorded and homework returned by the due date. This is very important as it encourages self-responsibility.

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**Year Four**

We hope everyone enjoyed their extra-long weekend! Many of our students have shared their stories of travels and sporting events. Today we spent an enjoyable afternoon at Ricketts Point observing and sketching the natural and man-made features. Everyone is looking forward to camp, it’s only 2 weeks away now. All camp permission forms and payments are due by this Friday.

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**Year Five**

The Year 5 team hope you all had a fun four day weekend! Our Friday bush dancing was a fun way to finish last week. This week the students’ diverse interests are helping to drive their independent learning as they research, draft and publish their ERP artefacts. So far, their projects are demonstrating a growing understanding of daily life in the Australian colonies, a recognition of significant events that shaped our colonies, and an understanding of how the past continues to influence the way we live today.

This week the students will also receive a copy of the rubric we use to assess their ERPs each term in Year 5. Class discussions will help the students identify the purpose of the rubric - they will discover that rubrics are very useful tools to help them identify learning expectations and also to evaluate their work as they go. Each term they will become more familiar with the rubric and use it more efficiently to guide their ERP and goal setting.

In maths we are applying our knowledge of time to real world applications – using timetables and planning a day out. In reading we are exploring the range of strategies great readers use to comprehend different texts and expand their vocabularies. In writing, we are creating a narrative checklist to help the students assess their own narrative before they conference with a peer or teacher.

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**Year Six**

We hope families took the opportunity over the long weekend to recharge the batteries in preparation for the final two-and-a-bit weeks of term. Sport this week is against Black Rock in our second last round for the term. Our school leaders are taking on their roles with great enthusiasm, from running assemblies to contributing ideas to Junior School Council or being involved with community radio, as some students did this morning. Students are also busy with all subjects and have learnt a great deal from history rotations, in particular. A reminder that our expo will be on Monday the 23rd of March at 8:45am. See you there!
FROM OUR PARENT CLUB........

You’re invited to a lovely lunch hosted by Parent Club

Where - La Cucina, 8-10 North Concourse
When - Thursday 19th March
Who - All parents/guardians
Why - To catch up with old friends and meet new ones
Time - 12.15 for 12.30
RSVP - 13/3 to Ness: lochnessmonst71@hotmail.com

A la carte menu and payment on the day.
See the below link for menu options
http://lacucinabeaumaris.com/menu/la-cucina-beaumaris-menus

SCHOLASTIC
A reminder that 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 329008 lochnessmonst71@hotmail.com

Many thanks
Ness

That’s Entertainment – a WiseOnes’ program

The lessons are specifically designed for fast learners. Fast, complex and principled. Lessons conducted at your school during school time. Suitable for grades children in 1-6 who have qualified for this program. Contact Claudine for an assessment.

0414 24 94 62 or email claudineberman@gmail.com

Are you ahead in your thinking and reasoning? Then try out to take a virtual world trip in the WiseOnes program next term.

Learn about active Entertainment and all that goes into providing the interesting things we all love. We are off to London and Paris to see what the world offers in a very multi-disciplinary set of 8 lessons.

We will see the rides and how they work and what services are needed to maintain and operate in that industry of thrills. How do they keep us safe? How do they market the experiences? What is behind the scenes there? How can we feel happy and as if we were taking a risk at the same time?

The lessons are specifically designed for fast learners- different, fast, complex and principled.
Premiers' Reading Challenge

Going home today is a Privacy and Consent form for the 2015 Premiers' Reading Challenge. These forms must be returned to your classroom teacher ASAP. Check our website for a letter from the Premier and a 2015 Student Guide to the Online System. You can also visit www.education.vic.gov.au/prc for more information. Your child has been given a sticker from their teacher with their username and password for access to the challenge. We encourage all students to take part in the wonderful program.

FREE Premiers' Reading Challenge Calendar

The Victorian Premiers’ Reading Challenge is now open! Don’t miss your FREE giant calendar poster in the Herald Sun on Tuesday 17 March. Featuring key Challenge dates, literary events, fun facts, popular authors’ birthdays and tips, it’s a great way for parents and children to track their reading progress, count down the days and stay motivated throughout the Challenge.

For more information on the Challenge visit: www.education.vic.gov.au/prc

School Tours for Prospective Year 7s Term 1

Wed 18 Mar 9.15am

Key Dates:

SEAL Information Night: Wed 18 March 6.00pm
(Includes parent Q&A and entrance exam tips)
SEAL Applications close: Fri 27 March 4.00pm
SEAL Exam: Thu 16 April 8.45am-12.30pm
College Open Night: Thu 30 April, 7.00pm

School Tours for Prospective Year 7s Term 2

Wed 15 Apr 9.15am

Wed 22 Apr 9.15am

Wed 29 Apr 9.15am

Wed 6 May 9.15am

Wed 20 May 9.15am

Wed 3 June 9.15am

Wed 17 June 9.15am

ACHIEVEMENT I CREATIVITY I INDEPENDENCE I INTEGRITY I RESPECT
PREMIER’S ACTIVE APRIL
JOIN THE FUN!

GET ACTIVE THIS APRIL!
All it takes is 30 minutes of physical activity a day during April. You can win awesome prizes and enjoy great benefits.

Register today – activeapril.vic.gov.au

Register to get:
► 10 free YMCA passes
► 15% off at Sportsmart in store and online
► one free hour tennis court hire at Melbourne Park or Albert Reserve
► a 2 for 1 ticket offer to SEA LIFE Melbourne Aquarium
► entry into the draw to win four tickets to the 2015 Toyota AFL Grand Final

Terms and conditions for all prizes and offers apply. Visit activeapril.vic.gov.au for details. V/PA: Authorisation Code GRAP/10/15

Authorized by the Victorian Government, Treasury Place, Melbourne