FROM THE PRINCIPAL AND ASSISTANT PRINCIPAL

Dear Parents and Families,

Welcome back everyone!

Thank you to Fiona Love and Parent Club for organising the coffee cart for the first day of school. It really added a relaxed feel to the first day. Families lingered for a catch up and the students loved to see their parents chatting together in the yard. A great start to an exciting term!

Dress Up day to celebrate our Centenary Friday May 1st
The school opened on May 1st one hundred years ago. This is a magnificent achievement. It is fantastic to be associated with a school that has served the local community so well for so long.

On Friday May 1st we ask all students to dress as a child living in the era of our beginnings in 1915.

Teachers are planning some special activities to help the students understand and celebrate the significance of the day.

Open Day Centenary Celebrations Saturday May 2nd 10.00am-4.00pm.
Thank you to Ellie Hilton, the Centenary Committee and team of volunteers who have been preparing for our open day on May 2nd. We hope all families can come along to learn about the history of our school and mingle with past students, parents and teachers as they reminisce about their time at Beaumaris PS. All visitors can explore the displays, take a guided tour of the school, enjoy the Devonshire Tea and Sausage Sizzle and gather with friends from their time at the school. There will souvenirs available for purchase on the day. More information can be found later in the newsletter. We look forward to a wonderful day.

School Council approved Building Project soon to commence as we continually improve the learning environment for our students.
Some time ago School Council began work with architect Clarke Hopkins Clarke to develop a concept plan for the upgrade of the Year 1 and 2 building. Some School Councillors visited Coatesville Primary School to see what can be done to refurbish school buildings similar to ours. School Council advanced the project and engaged the architect to oversee the upgrade of the northern end of the building where the Library, Japanese Room and a Year 4 classroom are currently located. The refurbishment will commence later this term.

Oval upgrade
The oval is becoming greener by the day, particularly with the current rains and humidity after the dry weather during the holidays. The oval will be rested until the end of next week at the earliest. We will make sure the students are allowed back on to the surface only when the grass is well established. Thank you to Mr Ross Bailey for overseeing this work.

Easter Bonnet Parade
Thank you to the Foundation students for their delightful Easter Bonnets. The bonnets were just spectacular and truly added to the tradition and excitement of our Easter assembly on the last day of Term 1.
Thank you also to Easter Bunny who arrived with Mrs Bradnam in her little red sports car. Thank you to Mr Bailey for making Easter Bunny feel welcome.
We would again like to thank Nadine McFadries, supported by a fantastic group of parents, for another highly successful raffle. Total amount raised was $3356 and the funds will be used for tub trolley in Year 3, sunscreen for classes and the Bushband.
Again this year our school families donated goods to Southern Family Life to share with families in need in our community.
Our local traders in the Concourse were once again most generous with their donations to our Foundation students who paraded in their fabulous hats amongst the shoppers in the Concourse.
Our Glee Club entertained Concourse shoppers, traders, families and friends with their polished performance. Thank you to Mrs Rothberg for preparing the students for their performance and thank you Ms Lindy McManus for also helping the students on the day.

Open Garden Wallbrink Family
Thank you to the Wallbrink family for inviting our Glee Club to perform at their open garden on the first weekend of the holidays. The students sang beautifully and added to the calm, relaxing feel of this family garden that is full of surprises for young and old. Thank you to Mrs Caroline Rothberg for preparing the students for their performance. Thank you to the Wallbrink family for their donation to the school. The donation will be used to purchase mulch for the gardens following the long awaited rains. We received from the open Garden $1734 and the BBQ on the day raised $455.

School Council AGM
Our AGM will be held in the on Tuesday 28th April from 7pm until 7.45pm, in the school staff room. We welcome parents to join us as we present our 2014 Annual Report.

Whole School Working Bee in readiness for the Centenary Open Day on May 2nd
We would be most appreciative if families could come along to school between 9.00am and 11.30am on Sunday 26th April to help prepare the grounds for our the visitors on the Centenary Open Day the following Saturday. Many hands make light work. We will follow the morning with a sausage sizzle and cuppa.

Chessboard between Year 3 and the Performing Arts Room
During the holidays Theo Stefanatos, a parent at our school, painted a large chessboard on the asphalt for the students. Many of our students learn Chess at lunchtimes on Fridays. They will now be able to play chess outside using the large chess pieces. Thank you Theo!

Sheryl M. Skewes
Principal

Neven Paleka
Assistant Principal

ANZAC BADGES
JSC ANZAC day badges
This week and next week, the Junior School Council will be selling ANZAC badges, pens and wristbands. All money raised will go back to the Returned and Services League (RSL). We will be selling them before school and at eating time, under the shade cloth each day. We have badges ranging from $1-$5, pens for $5 and wristbands for $3. We will be starting on the 16th of April. See you there.

Thank you.

CANTEEN NEWS
The canteen reopens next Monday and Wednesday for lunch orders plus counter sales during recess and lunchtime. Thank you to all the parents and carers who were able to volunteer - the roster for the new term has been completed and was circulated earlier this week. Qkr is ready to go should you wish to order online. We have taken frozen watermelon off the menu but everything else remains the same for this term.

CENTENARY NEWS
With 2 weeks and 2 days to go until the Open Day on Saturday 2nd of May to celebrate our school's 100th birthday, the Centenary Team are working hard to make sure they bring you lots of fabulous displays and opportunities to catch up with old school mates and teachers. You will see that our advertising is starting to appear about the town. If you know of anybody who is a past student, teacher or community member, please make sure they know that it's on. See the flyer attached to this newsletter for details. Anybody wishing to help with preparations, please come to our volunteer meeting next Thursday 23rd April at 9am in the staffroom.

THREE GENERATIONS OF BEAUMARIS STUDENTS
Last week we met with three of our students whose mother AND grandmother attended this school. We would love to hear of any other families who have three or more generations of Beaumaris Primary School students. Please contact the office if you can help.
5 mental health habits to promote in kids

Kids who are mentally healthy are equipped to handle many of life’s curve balls that come their way. They also don’t let their emotions overwhelm them. As a result, they learn better and have more friends as well.

It seems strange to talk about promoting good mental health in children.

Shouldn’t all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that can come with adulthood.

Sadly, it doesn’t seem that way. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common kind.

Having good mental health doesn’t mean that kids don’t experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life’s curve balls that come their way. They also don’t let their emotions overwhelm them. As a result, they learn better and have more friends as well.

As a parent it’s useful to reflect on the mental health habits that you promote in your kids. Here are five basic mental health habits that you can consider right now:

1. **Sleep**: Sleep is the one of the building blocks of mental health and well-being. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well!!! Children need between 10 and 12 hours sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single, most powerful strategies to improve kids’ ability to cope with stressful or changing situations is to ensure they get enough sleep.

2. **Exercise**: When my mum told me all those years ago to turn the television off and go outside and play she didn’t know that she was promoting good mental health. She just knew that physical activity was a good thing for an active, growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour’s movement per day seems the minimum for kids. **How much exercise does your child receive?**

3. **Help others**: Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to others and to help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

4. **Talk**: A problem shared is a problem halved! Talking about what’s worrying you is a great way to remove the burden of worry and reduce anxiety. Some kids bottle up what’s inside, while others will catastrophise a situation, which can make matters seem worse. If your child or young person has a problem let him know that his concerns are important to you. Kids often can’t tell you what may be wrong, so be observant and gently ask questions to help you get a clearer picture of how they may be feeling.

5. **Relaxation**: Make sure your child or young person has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real difficulty switching-off may benefit from practicing meditation or mindfulness, but most kids just need to have the time to chill out, and they’ll relax quite naturally.

These five habits are basic common sense. However, as kids’ lives get busier these essentials get squeezed out. Here’s my recommendation to ensure that mental health habits don’t get overlooked or neglected.

First, see these habits as the building blocks of mental health. Don’t ignore them or trivialise them. Talk to your children and tie these activities to their mental health but do so in your own way and in your own timeframe.

Second, assess which of these five essential habits need your attention and make some adjustments over time to push the pendulum back, if necessary, in favour of your child’s mental health.
LEVEL LOW DOWN

Foundation

Welcome to Term 2! The Foundation students have settled back into their routines very well. We have been learning about ordinal number this week. We listed the things that we do first, second, third and fourth when preparing for school in the morning and found out that some families do things differently. We also listened very carefully to instructions to make a paper plane and then we had a paper plane race to see who came first, second, third, fourth all the way to nineteenth! Today we demonstrated just how much we have already learned to the prospective 2016 families as they came to BPS for their first school tour.

Year One

We’ve jumped straight back into it this week in Year One. We have started working on some brand new learning intentions. We’re looking forward to learning about narrative writing, adding and subtracting, length and capacity as well as history. In history this term we are looking at how things have changed over time. So far we had some discussions about how technology has changed, how cars have changed, how school has change and even how our clothes have changed over time. It’s such an interesting topic and it would be great to share a few discoveries you make with your families over the term with your class. Parent helpers will be starting next week. Timetables were recently sent out. We’re looking forward to having you come and visit! Thank you in advance for your valuable help.
Year Two
Welcome back to what is going to be another exciting and busy term. It sounds like the students all had a pleasant and restful break and the teachers enjoyed hearing about holiday adventures when the students wrote a recount. The Year 2 students and teachers would like to give a big welcome to Hugo in 2C. We hope your first week at BPS has been enjoyable!
The students have settled back into the routines and expectations of school. A big thankyou to the parents who have offered their time to assist in setting up learning centres in our amazing learning environments. The students and teachers appreciate the time you have spent in our classrooms.
It has been great to see many students underway in completing The Premiers’ Reading Challenge. The teachers are encouraging all students to participate in this challenge and we would appreciate the support at home. Log in details were sent home last term.
Parent helpers will start in Week 3 and a roster will be sent home early next week. If you have not yet returned your parent helper form, please send it back to your classroom teacher ASAP.

Year Three
Welcome back to school families and friends. The Year 3 team hope everyone had a safe and relaxing break. The students are extremely excited to be back and are settling really well into the classroom routine. Our subject focus for this term is History.
Our learning intentions are for the students to:

Understand why people celebrate and commemorate special events,
Investigate what has changed or remained the same in our local area
Explore the diverse cultures of our local community.

This term, all Year 3 students around Australia will undertake the National Assessment Program for Literacy and Numeracy (NAPLAN). NAPLAN consists of tests in the four areas of: Reading, Writing, Language Conventions, and Numeracy. If you have any concerns please come see your classroom teacher.

Year Four
It is great to be back into the routine of school. We congratulate and welcome Mrs Ewart to Year 4 as Mrs Bracey’s replacement and class teacher of 4B. We would also like to welcome Mr Matthew Butler to the Year 4 team. Matthew, an award winning designer and artist, will be working with the Year 4 students each Wednesday on an art project called "The History Puzzle". Matthew will focus on the children’s interests and work these into the project, with the overall aim being to piece together the school’s historic identity and create some beautiful pieces of furniture to remain in the school as a record. Clinic groups for Spelling and Maths will be underway next week, where the children will work with one of the Year 4 teachers to explore our learning intentions in fun and engaging ways. We have planned a Local Walks excursion for Thursday when we will visit Long Hollow Heathland in Reserve Road, Beaumaris. We plan to investigate the original vegetation and habitats of this area as part of our History focus for this term. Just a reminder that the Victorian Premiers’ Reading Challenge is underway and we strongly encourage all Year 4 children to participate and meet the challenge. Passwords and consent forms were distributed last term. Please communicate with your child’s class teacher if you require further information regarding the Reading Challenge. We are looking forward to a great term in Year 4.
Welcome back for Term Two. In Year Five this week we have commenced our new research focus—Geography. Our learning intentions are:
- Describe geographical features of local environments
- Investigate natural processes and how we react to them
- Explore how humans have affected the environment
- Identify possible solutions to manage environmental issues

The students are looking forward to a visit from Supreme Incursion to develop practical map and compass skills. Our writing focus is persuasive writing and our maths focus is addition and subtraction strategies.

Welcome back everyone. We hope you all had a relaxing and fun time over the holidays. The Year Six students have been straight back to work this week. In Literacy we are starting to work on our text type of narrative writing and in maths we have had lots of fun working with operations and solving word problems. We will be going on our excursion to the Melbourne Royal Botanical Gardens, Friday 17th April. It will be an interesting excursion exploring the Children’s Garden and the wider Botanic Garden in relation to ‘Sustainable Gardening’.

FROM OUR PARENT CLUB.......  

Welcome back to all families for Term 2. I hope that you all enjoyed your break from the school routine and didn’t over indulge in the chocolates!

Easter Raffle and donations
Thank you to all families who assisted in the co-ordination and donations for this event. We raised a total of $3,356 this year — fabulous effort. We also made some other families very happy and our nominated charity for this year – Family Life Bayside were very appreciative of our donations of non perishable items and some Easter Eggs.

Wallbrink BBQ
Thank you to Steve and Karyn Wallbrink for providing an opportunity for our school to raise some funds at their Open garden weekend at the start of the school holidays. Thank you to all volunteers who assisted with the running of the BBQ over the weekend. The BBQ and a percentage of the gate takings amounted to $2,189.64 raised for the school. These funds will be used for mulch for the gardens.

Coffee Cart
Thank you to Jodie Stewart for again organising the coffee cart for the first morning of school return and the yummy muffins and biscuits. We hope that you enjoyed your coffee over a chin wag after the children went into class. Parent Club will be co-ordinating a coffee cart for the remaining two start of term mornings.

Bulb Catalogues
Please return your orders by Wednesday 22nd April to the office. All bulbs will be delivered in time for Mother’s Day making a lovely present for the gardening girls in your family.

Centenary Celebrations – Devonshire Tea
As part of the Centenary Celebrations, Parent Club are responsible for co-ordinating the Devonshire teas during the Centenary / Open Day on Saturday 2nd May. Helpers are required between 9.00am – 4.00pm for one hour shifts. Please contact Fiona Love if you are able to assist us brownfm@netsapce.net.au

Fiona Love
President

ENTERTAINMENT BOOK
Entertainment Books are again available through Beaumaris Primary this year and I have just collected a supply of the new edition.
Not only are there many great savings and offers in the book, but also your purchase contributes to the school’s fundraising efforts. There is an example book available at the office for you to have a look through.
If you would like to purchase a book or digital membership, please do so at the link below:
Any questions, please contact Bec Wattam 0419 529 638 or becwattam@hotmail.com
Hello Students, Parents and Teachers,

Welcome to Term 2. Hope everyone had a happy holiday and Easter break. Firstly I wish to say how wonderful Term 1 was here at Beaumaris OSHC. We had lots of new members to OSHC including lots of new Foundation students that all make our Before and After school care a great place to be.

Last week of term we enjoyed making lots of Easter themed arts and craft, Easter Baskets and attempted a challenging cooking activity involving making Easter carrots out of ice cream cones. While they may not have turned out exactly according to plan, they were incredible delicious. Last day of term we had a lovely Easter Egg hunt in the Foundation Playground and congratulations to Mia for winning and also a thank you to her sharing all her extra treats with us.

In Term 1 we also made some new Hermit Crab friends as we got out OSHC pets. Sadly over the Holidays two of our three crabs passed away. They may have been sick when we received them, but I am happy that Jeffery is still crawling about as normal. In the future we may get a few new hermit crab friends so Jeffery has a few buddies to share his home with.

Lastly at the end of Term 1 Ashley left our Beaumaris service but wishes to pass on her best wishes to us all and will miss us immensely as we will miss her. Although we have lots of exciting things planned for this term including restoring our Beaumaris OSHC garden and building a giant dollhouse! I would also like to thank the family of Rayner for donating lots of toys and books to our service! Everyone has been enjoying these so much. On that note, if any families have any old toys, movies, books or games that they no longer want or need please consider donating them to our Outside School Hours Care.

Again welcome back to School and lets get ready to have some fun in Term 2!
Glow For Good Bayside World Record Challenge

With less than a week to go to the **Glow For Good Bayside World Record Challenge**, I'm urgently seeking your assistance to help the Rotary Club of Hampton break a Guinness World Record this **Saturday 18th April** and raise much needed funds for paediatric brain cancer research and the Robert Connor Dawes Fund for research into brain tumours. With help from the Bayside community the Rotary Club of Hampton is confident it can break this record.

There will be food, entertainment and fun for everyone from 4pm at the Trey Bit Reserve on Jetty Road in Sandringham. There will be rides, a bouncy castle, face painting, an aerobatic display, DJs, and of course the Guinness World Record attempt to have the most number of people lighting glowsticks simultaneously on Sandringham Beach.

Registration for this event is online. Details are contained in the attached flyer. If you haven't already done so please register today on [www.glowforgood.com.au](http://www.glowforgood.com.au) to be part of the fun. Please circulate this message within your organisation and thank you for your support. Due to Guinness World Record requirements, tickets will only be available online.

**We have 20 Complimentary tickets at the office for collection. First in best dressed.**

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**CANTEEN MENU Term 2 – 2015**

_MONDAY and WEDNESDAY commencing 20th March_

Lunch orders must be placed online via Qkr by 9am or suitably sized paper bags with money in the BLUE TUB at the school office by 9.10am

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<thead>
<tr>
<th>Sandwiches/Rolls – (prepared fresh daily at Swiss Bell Bakery, Seaview Shores, on wholesome bread unless otherwise specified)</th>
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<tr>
<td>Ham</td>
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<td>Chicken</td>
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<td>Salad (lettuce, carrot, cucumber, tomato)</td>
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<td>Cheese</td>
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<td>Vegemite</td>
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_Extras:

Cheese | 0.40 |
Avocado | 0.80 |
Mayonnaise | 0.20 |
Lettuce, cucumber, tomato, carrot or beetroot | 0.20 each |

**Hot Food**

| Meat Pie | 3.00 |
| Vegetarian Fried Rice (gluten free) | 3.00 |
| Sausage Roll | 2.50 |
| Dim Sim (steamed) | 1.00 |
| Tomato/Soy Sauce | 0.20 each |

**Snacks**

| Carrot Sticks | 0.30 |
| Gingerbread Babies (5 serve) | 0.50 |
| Apple/Curry Apple | 0.80 |
| Orange (cut in quarters) | 0.80 |
| Bega Tasty Cheese Stick | 1.00 |
| Banana Bread | 1.00 |
| Popcorn (barbecue, sweet chilli or lightly salted) | 1.20 |
| Veggie Chips (natural, french onion, sweet & sour or bbq) (gluten free) | 1.20 |
| Cake (chocolate or orange) | 1.20 |

**Frozen Snacks**

| Frozen Yoghurt (mango, strawberry or raspberry) | 1.50 |
| Juicies' Frozen Fruit Juice Tube (wildberry or apple) | 1.00 |
| Frozen Pineapple Ring | 0.80 |

(*Frozen items ordered and paid for with lunch orders can only be redeemed if children bring their lunch order bag back to the canteen during lunchtime*).

**Drinks**

| Just Juice 200ml (apple or apple & blackcurrant) | 1.00 |

**Miscellaneous**

| Lunch Bag | 0.10 |
Join us for a trip down memory lane.

- Food and Refreshments
- Memorabilia and Photos
- Reunions by Decade

CENTENARY OPEN DAY

Saturday 2nd May

10am-4pm

Beaumaris Primary School
Dalgetty Road, Beaumaris

Find us on Facebook

Beaumaris PS Centenary Celebrations
LEGO® EDUCATION PROGRAM

The program has been designed in two parts:

- **Science and Technology:**
  Students explore the world of simple machines.

- **Creativity and imagination:**
  Students engage with miscellaneous pieces to complete puzzles, games and challenges without instructions to become Master Builders!

*As long serving primary school teachers we believe it is important to use the Australian Curriculum as a guideline to the program. The program includes number and algebra, measurement and mental arithmetic, speaking and listening skills, problem solving, comprehension and construction of simple machinery.*

*Each Student works with their own specially designed LEGO educational box, containing gears, pulley’s, rope, weights and specialised LEGO technic pieces.*

The 10 week course will begin in term 2, on Wednesday the 29th of April, lunch times, at a cost of $150 per student and will be held at Beaumaris Primary School, classroom.

**Limited availability, so contact**

James today: 0401 733 299
yerondais33@hotmail.com
www.buildit4kids.com.au