

School Purpose - Vision & Values: To build an inclusive community where our children are active learners, critical thinkers and creative explorers. **Think... Imagine... Become**

School Values:

- 1. Care** - Care for self and others as well as our physical environment and learning spaces
- 2. Aspiration** - Seek to accomplish something worthy and admirable, try hard, pursue excellence
- 3. Respect** - Treat all others with consideration and regard, respect another person's point of view

Always Our Best

13th August 2020

Dear Parents, students and friends,

It's come around to School Council again with committees meeting last Tuesday and School Council next Tuesday. School Council Committees continue to work in the best interests of students and the school with Finance, PFA, Facilities and School Community partnerships working through their agendas and making recommendations to School Council for consideration.

We as a School Council always have student's learning as the focus – that's why school exists! We do value the feedback from parents which we did with the oval consultation and currently with consultation regarding the language to be taught at SEPS.

Thank you to those who completed the LOTE survey with feedback. Anyone who missed the survey please Email me with your feedback.

Laureen.walton@education.vic.gov.au

100 Days of school celebrations for Foundation

On Tuesday 11th August our wonderful Foundation students celebrated their 100th Day of School! On day 1 this year we started counting the days and learning the numbers 1 to 20. We shared our rooms and playground with our friends at Sandringham PS and got to day 39 at the end of Term 1. Term 2 started online with a smile but it was hard not sitting next to our classmates to have a chat. We finally got to see familiar faces when we checked in online with our class and teachers. Just as we reached day 61, and were in a good routine learning, our time online came to an end. We were grateful to be back in our physical classroom and we could see our friends and teachers in person. We celebrated with balloons, a Teddy Bears' Picnic and long chats to catch up. No one could have predicted we were returning to remote learning in Term 3 but our students and parents took it in their stride and joined their teachers in WebEx meetings once again to continue learning.

**HAPPY
100th
DAY OF
SCHOOL**

Our 100th Day finally came and we celebrated the only way we could - online...



We started the day with a 9am Whole Class Check In. We talked about the day and how we were feeling. We were so excited to have the whole day to celebrate how much we had learnt and grown. We took a break to have a run around and get something to eat and drink and then joined the class again at 10am to share our favourite times over the past 100 days. We reminisced about our 1st day of school and some looked at photos of our time in the classroom. We noticed we have grown taller, our faces have changed and we are more confident! While we were together we made party hats and we were thankful for our parents' help to cut out paper glasses! 12pm saw us talking about what we would do if we had 100 legs (as you do in Foundation!). Many of us would climb buildings, kick 100 goals, shoot 100 hoops, jump higher on the trampoline, ride on 50 scooters, bake 100 cakes and hold 100 milkshakes with their feet. What else would you do with 100 legs / feet?

After lunch was our inaugural Online 100 Days Disco! Most of us joined 1 virtual space to show off our dance moves while wearing our party hats and glasses! Some homes were decorated with streamers, some with flashing lights and some full of balloons. All homes had excited Foundation students dancing with their families and cheered on by their proud teachers! We ended our 100th Day with a long 30min Story Time, we were so tired! We listened to four stories, one read by each teacher.

Your Foundation teachers are so proud to teach you in your first year of school. No one will ever experience what we have achieved over the past 100 days. It wasn't what we had originally planned but it has been an experience we never will forget. Congratulations Foundation Students!

Principal's note – Happy 100th day from us all. I am also so proud of what your teachers and the Foundation students have achieved – well done all and thanks Miss Parsons for this news of the day.

Announcement

Lego Challenge for everyone F-6 starting on Monday using 100 Lego bricks – start creatively thinking about this.

Thank you to our School Council Community Partnerships committee led by Scott Bundy for setting you the challenge! **It's for ALL levels F-6.**



Walk Around Australia

To support physical activity, health and well-being during remote learning, we will be running a SEPS "Walk Around Australia" challenge. Students will have the opportunity to accumulate virtual kilometres by keeping physically active and completing PE lessons. In class teams, we aim to "virtually" walk around Australia starting Monday 17th August, through to the end of term.

Details for this challenge can be found in the locations below.

- ☑ F-2 This will be loaded in your term 3 folder in Compass
- ☑ L3-6 this will be loaded into your PE folder in within Teams

Have fun! - Dave Richardson and Jack Rosenblatt

SEPS Marketplace returns for Father's Day!

If you have a small business that provides a service or a product that can be purchased for Dad, Father-in-law, Grandpa or Uncle for Fathers Day why not advertise it on our FREE SEPS Marketplace.

Please contact Tanya Warrington at tanya@grouphugcreative.com.au

Goods or services could include - Food deliveries, alcoholic beverages, novelty biscuits, cakes, coffee gift packs, clothing, sportswear/equipment, personal training etc. If you own or know someone who has a small business that would like to advertise through our marketplace PLEASE let us know.

The strong sense of community is one of SEPS greatest attributes and is needed now more than ever.

Hope you all stay safe and well.

Kind regards,

Lisa Holmes PFA

Talking to Kids About the Coronavirus Crisis

Kids worry more when they're kept in the dark - Rachel Ehmke

As the COVID-19 crisis continues to unfold, many parents are wondering how to talk to children about the impacts of the virus in a way that will be reassuring and not make kids more worried than they already may be. Here is some advice from the experts at the Child Mind Institute.

- ✓ **Welcome their questions.** With so much up in the air, kids are bound to have questions they might not be asking. They might range from the very serious ("Will Grandma be okay?") to the seemingly silly ("Will my favorite ice cream parlor still be there?"). Encourage them to ask and, whatever the question, try to take your child's concerns seriously. Your goal is to help your children be heard and get fact-based information that is likely more reassuring than whatever they're hearing from their friends or on the news.
- ✓ **Don't avoid questions you can't answer.** Given how much uncertainty there is, try to be comfortable saying "I don't know." It's tempting to want to reassure your child that things will be better soon, even when you aren't sure yourself. But teaching children how to tolerate uncertainty is key to reducing anxiety and helping them build resilience.
- ✓ **Set the tone.** Look at these conversations as an opportunity not just to convey the facts but set the emotional tone. "You take on the news and you're the person who filters the news to your kid," explains Janine Domingues, PhD, a child psychologist at the Child Mind Institute.
- ✓ **Be developmentally appropriate.** Don't volunteer too much information, as this may be overwhelming. Instead, try to answer your child's questions honestly and clearly. It's okay if you can't answer everything; being available to your child is what matters.
- ✓ **Take your cues from your child.** Invite your child to tell you anything they may have heard about the coronavirus, and how they feel. Give them ample opportunity to ask questions. You want to be prepared to answer (but not prompt) questions. Your goal is to [avoid encouraging frightening fantasies](#).
- ✓ **Deal with your own anxiety.** "When you're feeling most anxious or panicked, that isn't the time to talk to your kids about what's happening with the coronavirus," warns Dr. Domingues. If you've just learned news that's upsetting, or that you worry will upset your child, [take some time to calm down](#) before trying to have a conversation or answer your child's questions.

- ✓ **Be reassuring.** Children are very egocentric, so hearing about the mounting death toll on the news may make them seriously worry that they'll catch it, especially the coverage of the new syndrome affecting children. It's helpful to reassure your child that very few kids are getting sick, and that they're unlikely to catch it.
- ✓ **Focus on what you're doing to stay safe.** An important way to reassure kids is to emphasize the safety precautions that you, and others around you, are taking. Jamie Howard, PhD, a child psychologist at the Child Mind Institute, notes, "Kids feel empowered when they know what to do to keep themselves safe." Remind kids that washing their hands is actually helping everyone by stopping the spread of the virus. Involve them in your family's ongoing safety plan. That could mean letting them choose masks for the family, or coming up with a new 20-second song—we're all a little tired of Happy Birthday!—to sing while you wash your hands.
- ✓ **Keep talking.** Tell kids that you will continue to keep them updated as you learn more. "Let them know that the lines of communication are going to be open," says Dr. Domingues. "You can say, 'Even though we don't have the answers to everything right now, know that once we know more, mom or dad will let you know, too.'"

Thank you from an unnamed parent.

**Thank you and yes I agree with the sentiments about our amazing SEPS teachers.
Laureen.**

Good morning Laureen,

I trust you're doing ok during these very unusual times.

I wanted to take this opportunity to write to you to let you know what an exceptional job your staff are doing at Sandy East.

Both my children are really enjoying home schooling. They enjoy connecting with their teachers and friends on a daily basis and overall I think this second time around the process has been a lot more seamless and we've managed to work the tasks set in and around our routines. I understand that this may not be the case for all parents and students however I believe the persistence, dedication and commitment the teachers have made to the students is absolutely outstanding. You should be very proud of your staff.

Initially we were a little concerned at juggling work and the amount of times we were to connect on webex each week but in actual fact it's turned out for the better. The focus groups have allowed more one on one time with their teachers, they don't feel so overwhelmed to speak up like they would in big groups and it also gives us, as parents, a better understanding of where the children are at in terms of their individual learning. As a result of this we can truly see a HUGE improvement in their learning.

In all Laureen, I wanted to thank you and your staff for their time, their patience which, I'm sure must be very tested at times and the investment they have made in both our children and all the other children at Sandy East. My children adore their teachers and we couldn't commend teachers any more on their efforts during this very difficult time. They've been outstanding.

The children cannot wait to return to the classroom to be with their teachers and friends when this pandemic is finally over but until then.....A HUGE thank you from us to you for all the hard work that's been put in over last two terms. Keep up the great work.

2021 Enrolments

If there are siblings who are yet to enrol for Foundation PLEASE do so ASAP. We would appreciate your help in communicating to friends and preschools/child care that enrolments are NOW DUE. The enrolment form is attached to the website and also here.

[http://sandringhameastps.vic.edu.au/docs/Student Enrolment Form.pdf](http://sandringhameastps.vic.edu.au/docs/Student_Enrolment_Form.pdf)

Families leaving in 2021

If there are families from levels 1-6 (for 2021) moving house or schools for next year we also need to know so that we can plan accordingly. Many thanks in advance for letting us know.

Quote of the week...

"If you can't find the right answer, look for the right question."



I hope that our SEPS community stay well and now embrace the Victorian Government's State of Disaster as we try to get on top of this pandemic.

Kind Regards,

A handwritten signature in blue ink that reads "L. Walton".

Lauren Walton – Principal



Mr. Marco's Cooking Class - <https://youtu.be/jzAslbuCcVU>

Fennel Soup/Stew/Salad

Ingredients

4 FENNEL BULBS
3 BIG POTATOES
1 BIG ONION
1 CAN OF DICED TOMATOES
3 GARLIC CLOVES
1 CHILLI OLIVE OIL
VINEGAR
SALT AND PEPPER TO TASTE
SOME PARMESAN CHEESE

Method Watch the video and follow along. Buon Appetito

LIONS MASKS

STAY SAFE & SUPPORT LIONS



*\$10 each or 3 for \$25. Postage \$3 for one, \$5 for 3.
All proceeds go to Sandringham Hospital
Private message Sandringham Lions to order*

Hello

A couple of Sandy Lions members are making masks (see above) – all money raised will go to **Sandringham Hospital**.

If you haven't already purchased enough to last until Christmas you might like some of these. Please contact Bev McLennan via email to order

bev.19.mac@gmail.com

Sandringham Lions Club

Cost \$10 each or 3 for \$25

Postage \$3 for one or \$5 for three

BSB: 633 000

ACC: 169 042 231

REFERENCE: Masks & Your name

Colours – Yellow or Blue

Encourage kids to occupy themselves



A child's ability to fill in their own time and cope with moments of boredom are important independence skills to develop. Children have less practise at keeping themselves occupied than those of past generations. You have many jobs as a parent, but constantly entertaining your child, should not be one of them. These ideas will help:

Invite them to keep themselves busy

When your child tells you that he or she is bored they are bringing you a problem to solve. Boredom is your child's problem, not yours. If this happens, encourage your child to keep themselves busy by asking questions such as "How can you keep yourself amused?"

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PARENTING IDEAS by MICHAEL GROSE

Parenting Ideas use a parenting Australia approach for child development, to help successfully raise confident, happy and resilient kids. There are plenty of positive parenting ideas to remove the trial and error from raising children.

Michael Grose is the author of 10 parenting books, including Generation, Thriving!, Why First Borns Rule the World and Last Borns Want to Change it. Michael's popular parenting columns appear in newspapers and magazines across Australia.