Principal’s Desk

School Council 2015
Congratulations to Paul Norton, Johnathan Granger, Donna Notman and Anita McKenzie who are our new parent member School Councillors. Congratulations also to Chris Talbot and Dave Griffiths who are our new community member School Councillors.

Jan Ralph
It is with some sadness that I share the news with you that Jan Ralph has officially resigned from her role as office assistant at Bonbeach Primary School due to health problems. Jan has been here over 18 years and during that time, has made a lot of friends with staff and parents, and patched up a lot of students’ scrapes and cuts. Jan had an enormous amount of patience and a lovely nature which endeared her to everyone She was a valued employee here and will be sorely missed. I am sure that everyone who knows Jan wishes her all the very best for her future. The only upside to this is that we now have Wendy Helling who has been doing a great job filling Jan's shoes.

Swimming Program
The swimming program started on Monday and I am very pleased to say that the children are enjoying the sessions. However, there have been a few issues. The pool changed their starting times for school groups last year after we had completed our program from 11:15 to 11:30 and hadn’t advised the school. Therefore, all of our groups were 15 mins. early for their sessions. I apologise to all parents who went to the pool and had to sit around waiting for the session to start. The other issue has been with the attitude of the staff there. The school will be taking that issue up with the management there. A big thank you to Pak Shaw for all the running around and organisational work he has done to make it all work.

Congratulations
Congratulations to Ned and Jett Dowling who came 10th and 11th respectively in the under 16 age group in the Around the River Fun Run on the weekend. Great effort by both boys, especially when you consider Ned is 7 and Jett is 9!

Local Burglaries
There have been some recent burglaries in the local Bonbeach area. In fact, one of our teachers surprised a burglar in the act at her home. Arriving home to find it has been burgled can be traumatic. Please be extra vigilant with checking the doors and windows before you go out.

Car Parking
Car parking always seems to be an issue at some stage at every school I’ve been to and it’s generally because 1 or 2 people are disobeying road rules making it difficult for everyone else. More importantly, they are endangering our students. The 2 main issues are people parking in the No Standing zone near the Breeze St. school crossing or people parking too close to the corner of Breeze St. and the Fairway.
10 golden rules for parenting success in 2015
by Michael Grose - Australia’s No 1 parenting educator

The requirements for effective parenting are changing rapidly, just as the profile of parents is changing. Australian parents are now older than ever (30-34 is now the peak child-bearing age group). Families are smaller than ever (over 50% have two children or less). And as children as a percentage of the population shrink (1 in 6 of our population is under 15, compared to 1 in 3 in developing countries), we are less knowledgeable about children than ever.

If you add to this mix that children are growing up at the speed of light, information technology can make parents seem redundant, and increasingly parents claim lack of time is their biggest impediment to effective parenting. So what is a parent to do?

Here are 10 golden rules to guide you along your parenting journey in 2015:

1. Talk more
With families shrinking, kids getting busier and tech devices rapidly multiplying the opportunities for family members to engage in face-to-face talk is under serious attack. Regardless of their age, the best way to influence your children is talk to them. The kitchen table is one place to do this, but there are plenty of other places where you can talk. If talk becomes difficult, try driving with a child or young person in the car with the radio off. They are bound to break sooner or later.

2. Lean on others
A recent Australian survey found that 50% of parents are seriously struggling with their parenting, yet only 10% of this group would ask for help. I suspect there are many reasons for this including fear of being judged a poor parent; that parenting is expected to be hard; and lack of trustworthy support networks. Author Steve Biddulph once said that parents don’t parent well in isolation. He’s right. It’s incredibly important to build your support networks and get ‘sparents’ into your child’s life. Start by working closely with your child’s teacher; a natural ally!

3. Build confidence
With so many parents reporting that they have a child experiencing anxiety it would seem that we are currently experiencing a crisis in children’s confidence. It would also seem that we have somehow forgotten how to absorb children’s fears, insecurities and anxieties, and instill a sense of confidence that these can be overcome. Using a mixture of coaxing, coaching and cajoling parents need to find a way to impart in children a sense of courage to put themselves in new or potentially awkward social situations; to have a go at activities where failure is a real option; and to contribute to the wellbeing of others, which reduces anxiousness and fear.

4. Aim for redundancy
The great irony of modern parenting is that as families have shrunk parents actually do more, rather than less, for their kids. There are many reasons for this including lack of time to teach; it’s simply easier to do a job ourselves, and the new expectation that ‘good’ parents do everything for their kids. The new ‘strict parent’ is someone who expects their kids to wash their own clothes, cook a meal, and read a book to a younger sibling. The impertinence! Here’s a six-word slogan to help you remember: “When kids can, let them do!”

5. Lead the gang
Parenting is now an individual endeavour. There is a place for parenting the individual child, but there is also a place for parenting the whole gang (even if you and your child make up the gang). Your ability to pull your family together and get them singing off the same song sheet will impact on your family’s harmonious relationships; your children’s sense of other (empathy) and their general resilience and coping mechanisms. There is nothing so magical to witness as a family pulling together when the chips are down. This doesn’t just happen. It takes real leadership by parents to make a family act like a family!
6. Build developmental knowledge
Many challenges parents experience with their children are due to a developmental mismatch. That is, parents raising their ten year old as if they are eight. The nuances of parenting are age-related, yet due to inexperience we so often don’t read the cues. Recently, I witnessed a mum and dad tearing their hair out trying to communicate with their nine year old son. For the first time he was saying no to them. They thought him stubborn and disobedient. I thought him normal, as nine can be a problematic age, where usually malleable children suddenly start changing. Puberty is stirring. When this couple’s second child turns nine she will experience the benefits of her elder brother paving the way and breaking her parents in for her.

7. Practice problem-ownership
Please, please, please allow children to own their own problems. Children of all ages can be creative when they have problems to solve. Everything is a potential problem to kids and they need opportunities to resolve them themselves. By all means, coach, guide, give hints but give them a chance to sort out relationship issues; challenges with teachers and academic challenges themselves.

8. Swim against the tide
Listen to talkback radio, read the headlines of a newspaper or watch a current affairs TV program and you’ll realise that, right now, we live in an incredibly judgemental society. Parents are harshly judged as well. Allow your kids to walk to school and you risk being judged as negligent. Drive your kids to school and you risk being told that you are spoiling them and neglecting their physical wellbeing. It takes a strong parent to swim against the tide of popular opinion. It also takes a strong parent to deny her child say a mobile phone when every other child has one. It helps to say “This is the way we do it in our family.”

9. Be brave
Perhaps the biggest challenge facing parents, and their children, is the ability to let go of their parental reigns and give kids the freedom they need to develop autonomy. It’s relatively easy to develop children’s independence at home as the stakes aren’t as high. If they can’t cook a meal then you just have to do it for them. However, developing children’s independence outside the home is a different story. Many parents feel decidedly wary about granting children and young people more freedom. There is the perception that the world is a dangerous place. Granting kids freedom has an element of risk; that’s why parents need to be brave. Having the courage to let go is a basic requirement of parenting. It won’t stop you worrying, but that’s part of the game.

10. Add emotional intelligence to your parenting mix
With kids experiencing mental health challenges at a depressingly high rate it’s time to add some emotional intelligence to the parenting mix. While many schools are now introducing emotional and social programs on the curriculum, it’s important that parents develop a deep understanding of how emotions work: how emotions can be recognised; how they can work for us and against us; how we can regulate our emotions so they don’t overwhelm us; and how to recognise and respond to the emotions of others. These sound like life-changing skills that if learned, are capable of impacting significantly and positively on future generations.

Ken Jones
Principal
WHOLE SCHOOL SWIMMING PROGRAM


Preps will be attending school on Wednesday 25th February and Wednesday 11th March.

On all days, the FIRST BUS departs at 10:45am with J(T)-Ms Tisseverasinghe, J(S)-Mr Sandy and J(W) Mr. Waters. Children will be in the pool from 11:30am until 12:15pm and return to school at approximately 12:55pm.

Parents helping to dress children in this session are especially welcome.

The SECOND BUS departs at 11:40 am with 2/3(B)-Mrs Ballos, J(J)-Ms Jennings and 2/3(E) Grade 2s-Ms Evans. Children will be in the pool from 12:15pm until 1pm and return to school at approximately 1:35pm. Parents helping to dress children in this session are especially welcome.

The THIRD BUS departs at 12:25pm with 2/3(RM)-Mrs Murray/Mrs Riley, 3/4 (K) Ms. Kenner and 2/3(E) Grade 3s-Ms Evans. Children will be in the pool from 1pm until 1:45pm and return to school at approximately 2:15pm.

The FOURTH BUS departs at 1:10pm with 3/4(B), Ms. Bolton, S(RW)-Mrs Robinson/Mrs Wicks and S(A) Grade 5/6s–Mr Akeroyd. Children will be in the pool from 1:45pm until 2:30pm and return to school at approximately 3pm.

Students should bring their normal lunch and drinks, but their teachers may advise them to eat at different times according to their swimming timetable.

PLEASE REMEMBER:

• Name everything with a laundry marker—especially goggles.
• Children must bring and wear a swimming cap and you should dry it and put some talcum powder in it each night. This makes it easy to put on.
• Plastic bags for wet clothing.
• Sandals to wear to the pool: put these in their bag with their towel, they will put them on before they go to the pool. Socks and shoes will be needed for back at school.
• Bathers should be worn to school to make changing at the pool very quick. Don’t forget to put in underwear for coming back, and girls should wear the top of their bathers down so they can have easy access to the toilet.
• Pack a little extra food as they will be hungry after swimming.
• Allow for extra sleep time as they will be more tired than usual.
• PLEASE show your child the towel you are packing so they will know which one is theirs.
Thank you to the families who have already returned their forms. All parents should have received a Student Information Full Details form for each child. This form needs to be amended and or updated with current information. Please return even if no corrections are made.

If your child has a Medical Management Plan eg: Asthma, Allergies etc please provide a copy to the office as well.

Please note that it is imperative that we have up to date information for your child/ren.
Congratulations to the following children who will receive Student of the Week awards at this week’s assembly.

JJ  Emily G  
JS  Ari K  
JT  Sachin P  
JW  Tegan P  

23B  Amaya G  
23E  Xavier M  
23M  Aliyah P  
34B  Kyan P & Will H  
34K  Paul B  

Senior School: Mya W and Chase G

---

From the Office

**Contact Details**
A reminder that it is very important we have up to date contact details should the school need to contact you in regard to your child/ren. Please let the office know of any changes immediately. If your child has a Medical Management Plan eg: Asthma, Allergies etc please provide a copy to the office as well.

**Sending money to school**
When sending money to school please ensure that all money is in a sealed envelope with student name, grade, activity description, permission slip (when requested) and correct money enclosed to the office by the due date. **Please do not send permission slip and money separately.**

**Sign In / Out Book**
Please remember to have your child/ren signed in at the office if they are late for school and also when leaving school early for an appointment etc. your child needs to be signed out from the office.

Thank you for your assistance.
Sharon & Wendy

---

Parents and Friends **AGM** meeting

The P & F will meet **Thursday 5th March** at 9:15am in the Staffroom.

All welcome particularly new families to our school!

---

Canteen Roster

Reminder that the Canteen is open on FRIDAY’S ONLY for over the counter sales of snacks and lunch orders.

| Fri 06/03 | 9-10:30   | Christine B / Kelly T |
|          | 11-1:15   | Rosa W / Rachael K    |
|          | 1:15-2:15 | Fiona McL / Melissa S |

Thank you
Canteen Committee
3 year old Bonbeach Preschool enrolments 2016

Expressions of Interest for three year old preschool in 2016 open on **Monday 2nd March.** Expression of Interest forms can be collected from the school office, preschool or downloaded on the primary school and preschool website: bonbeachps.vic.edu.au Families are strongly encouraged to return the expression of interest form along with a $10 deposit before the end of term two, as letters of offer will be sent out early in term three. For further information please contact Miss Emily at the Preschool on 9776 3077.

---

**Students School Banking**

Please bring your student bank books to the school office on **Thursday** mornings.

Thank you

Wendy

---

**Dates to Remember**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri 27/2</td>
<td>Prep/1 Colour Dress-up Day - Green</td>
</tr>
<tr>
<td></td>
<td>Day 4 Swimming Program</td>
</tr>
<tr>
<td></td>
<td>Summer Sports Yr 5 &amp; 6 Cornish College v Bonbeach 9:30am</td>
</tr>
<tr>
<td>Mon 2/3</td>
<td>2016 3yr old Expression of Interest Forms accepted</td>
</tr>
<tr>
<td></td>
<td>Day 5 Swimming Program</td>
</tr>
<tr>
<td>Wed 4/3</td>
<td>Prep Entry Assessment Appointments – No Preps at school</td>
</tr>
<tr>
<td>Thur 5/3</td>
<td>Day 6 Swimming Program</td>
</tr>
<tr>
<td>Fri 6/3</td>
<td>Prep/1 Colour Dress-up Day - Pink</td>
</tr>
<tr>
<td></td>
<td>Day 7 Swimming Program</td>
</tr>
<tr>
<td></td>
<td>Summer Sports Yr 5 &amp; 6 Bonbeach v Chelsea Heights 9:30am</td>
</tr>
<tr>
<td>Mon 9/3</td>
<td><strong>Labour Day holiday</strong></td>
</tr>
<tr>
<td>Wed 11/3</td>
<td>Prep students attend due to swimming program</td>
</tr>
<tr>
<td></td>
<td>Final day Swimming Program</td>
</tr>
<tr>
<td></td>
<td>Preschool meeting 7pm</td>
</tr>
<tr>
<td>Fri 13/3</td>
<td>Prep/1 Colour Dress-up Day - Purple</td>
</tr>
<tr>
<td></td>
<td>Summer Sports Yr 5 &amp; 6 Lightning Premiership</td>
</tr>
<tr>
<td>Wed 18/3</td>
<td>Prep Entry Assessment Appointments – No Preps at school</td>
</tr>
<tr>
<td>Fri 20/3</td>
<td>Prep/1 Colour Dress-up Day - Orange</td>
</tr>
<tr>
<td></td>
<td>Summer Sports Yr 5 &amp; 6 Seaford v Bonbeach 9:30am</td>
</tr>
<tr>
<td>Wed 25/3</td>
<td>Prep Entry Assessment Appointments – No Preps at school</td>
</tr>
<tr>
<td>Thur 26/3</td>
<td>Prep/1 Rainbow Party</td>
</tr>
<tr>
<td>Fri 27/3</td>
<td>Summer Sports Yr 5 &amp; 6 Bonbeach v Chelsea 9:30am</td>
</tr>
<tr>
<td></td>
<td><strong>Canteen Closed</strong></td>
</tr>
<tr>
<td></td>
<td>Last day of term - students dismissed at 2:30pm</td>
</tr>
</tbody>
</table>

**Term 2**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 13/4</td>
<td>Term 2 begins 9am</td>
</tr>
<tr>
<td>Wed 15/4</td>
<td>Preschool meeting 7pm</td>
</tr>
<tr>
<td>Fri 17/4</td>
<td>Student School Photos</td>
</tr>
<tr>
<td><strong>Mon 8/6</strong></td>
<td><strong>Queen’s Birthday holiday</strong></td>
</tr>
</tbody>
</table>
Uniform Shop

The Uniform Shop is open on the 1st and 3rd Tuesday of each month from 8:50am - 9:15am.
Prepaid completed orders forms can be left at the office to be filled. Orders will then be available for collection Tuesday afternoons from the office.
Thank-you
Bonnie, Misako & Katarina

Year 6 Uniform 2013

Just a reminder that your Polo Shirt and Windcheater order with payment must be received by next Wednesday 11th March.

FROM THE ART ROOM

Please provide your child with an Art Smock. It can be an old large t.shirt or shirt. All children are to bring an Art Smock if they are participating in Art classes. All paint used is non toxic and water based.
Paint on clothing: Hand wash in cold water with soap. To remove any stains remaining in the fabric use a stain remover and follow the directions.
It is important NOT to use hot water.

Thank you
Bu King

STAFF CAR PARK

A reminder that the lower school car park is reserved for staff use only and also should not be used by pedestrian traffic. In the interests of safety the pathways should be used and care always taken at pick up and drop off time. Thank you for you cooperation.

NO PARKING

[emoticon]
Green Thumbs have been growing as many tomatoes as possible so that we can make a pizza sauce! We are now ready to have a PASSATA SAUCE cooking session! Tomorrow we will be cooking with 4/5/6 students who are not attending swimming. If you would like to come and help these students we will be in the staffroom kitchen at 1pm!

Once a week, take a peek!

Families please check your child’s hair for Head Lice each Sunday before they return to school. Please treat immediately if an infestation is found. The incidence of head lice would reduce significantly if this quick check was undertaken weekly.
Yoga
By the Bay @ Carrum LSC

Mondays 9:30am – 10:30am
(Commences 10th March)

Beginner to intermediate

Phone Monica for details
0406 424 316

---

Dance Extreme
Bonbeach Primary School Hall, Breeze St, Bonbeach

Classes Available:
* Classical
* Tap
* Jazz
* Cabaret/Singing
* Contemporary/Lyrical
* Adult Tap
* Fairy Dance
* Stretch/Strength
* Boys only Classes

Call us today!
0409 968 167

****PRESENT THIS CARD & RECEIVE YOUR FIRST LESSON FREE****

---

If your Child would benefit from:
* New Skills & Confidence
* Good Posture & Strength
* Performance & Competition Experience
* A friendly, positive & happy environment

Then come along & join Dance Extreme

****Reasonable & Affordable Fees****
****Extensive Costume Wardrobe****

Email: lisa_danceextreme@hotmail.com
Website: Dance-Extreme.com
Kingston Libraries and Kingston Youth Services

Present

READZ
Young Adult Book Club

Join us for good fun, good food and good fiction!

Ages 12-16
Meeting 4PM @ Cheltenham Library
12 Stanley Ave, Cheltenham

2015 Dates
Thursday 26th March
Thursday 28th May
Thursday 23rd July
Thursday 24th September
Thursday 26th November


Kingston Libraries
Tennis Life will bring life to tennis at Bonbeach Primary School for term 1, 2015.

Tennis Life offers much more than your average tennis program. We teach children invaluable life skills, both physical and mental, which go far beyond the tennis court. Teamwork, problem solving and decision making are just few we believe are important skills needed in everyday life.

Want to continue our program?........ Well, here are the details........

**When** – Monday and Tuesday lunch times

**Cost** - $16 per session

**Duration** – 45min

Sign up now and receive a FREE TENNIS RACQUET

**How to Enroll:**

Log on to [WWW.TENNISLIFE.COM.AU](http://WWW.TENNISLIFE.COM.AU) then click the ‘enroll’ link.

**Contact us:**

You can leave a message via our website or email us at info@tennislife.com.au if you have any questions