The school and the community in joint partnership for 37 years of teaching and learning for our children.

‘A Kids Matter School because kids do matter at Eastbourne Primary School.’

We acknowledge that Eastbourne Primary School is built on Boonerwrung land.

PRINCIPAL’S REPORT

Scarecrow Competition
Over the school holidays the school scarecrow will be on display outside the Enchanted Maze, Arthurs Seat. Our entry, Vegemite on Toast, is one of many on and around the Red Hill/Main Ridge area. If you would like to follow the Scarecrow Trail or enter the competition get all the information from scarecrowfestival.org.au. Happy scarecrow hunting kids.

For those who are interested there is also an opportunity for individuals to enter.

Father’s Day Breakfast
Thanks to Dromana Egg Farm for supplying all the eggs for the Father’s Day Breakfast. Thanks also to the Parents and Friends Group and the organisation of the Father’s Day Stall.

Bunnings BBQ
Thanks to all who assisted at the Bunnings BBQ, over $1400 was raised. Well done!

Musical
Next week the year 5/6 Musical ‘Where’s Otto?’ will be performed at the Eastbourne Primary School Recreation Centre. The show begins at 6:30p.m. Tickets are on sale at the office.

Fresh Food People
Woolworths/Safeway in Rye are providing us with fruit and vegetables for our Free Fruit Tuesday. Thanks to Katie and Steve Tweedly for arranging this kind gesture. While I’m thanking people, thanks to all the parents and carers who continue to assist with cutting of fruit and vegetables on the Tuesdays.

Caravan/Rock and Roll
The caravan for auction is now completely been upgraded and will be ready to have a look at before the end of term. This van will be auctioned at the Rock ‘n Roll evening on Thursday October 20. The Rock ‘n Roll evening will be a great opportunity to have fun, dance and have a meal at school in the hall. The music starts from 6-7:30p.m. It will be a great evening with a band, dancing, prizes for best dressed rockers, raffle, food and the auctioning of the caravan. The cost is $2 a head or $6 a family of 4 or more. Food will be on sale in the hall from 5p.m. Tickets will go on sale next week.

DATES FOR YOUR DIARY

Term 3 2016
SEPTEMBER
9th— Year 3 Bike Education
Footy Day Lunch Orders
Due
12th— School Council 6.00pm
Assembly 2.30pm
Ready, Set Prep 2-3.00pm
14th— Musical Performance
6.30pm
15th— Year 6 Graduation Photo
8.30am
16th— Footy Day
Year 3 Bike Education
End of Term 2.30pm
OCTOBER
3rd— Beginning of Term 4

TERM DATES 2016
Term 3 11th July-16th September
Term 4 3rd October-20th December

Absence and Communication SMS
Eastbourne Primary School SMS number is 0427016460. Please remember to add this to your contacts on your mobile phone. It is a great way to keep in touch with the school!

Notices and Upcoming Events
Copies of all notices and newsletters and information on what has been happening around the school and coming events is available from our website. Just go to http://eastbourne.vic.edu.au/ then family and community for notices and upcoming events for important dates.
**FRUIT ROSTER TERM 3 2016**

<table>
<thead>
<tr>
<th>Date</th>
<th>Classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>13/9</td>
<td>Rms 2and 18</td>
</tr>
<tr>
<td>Term 4</td>
<td>Rms 3 and 19</td>
</tr>
<tr>
<td>11/10</td>
<td>Rms 4 &amp; 20</td>
</tr>
<tr>
<td>18/10</td>
<td>Rms 5 &amp; 21</td>
</tr>
</tbody>
</table>

**Stephen Wilkinson**  
**Principal**

**PE/Sport Report**

**Local Footy:**  
Looking for something to do this Saturday?? Rosebud FNC has its Development team (seconds) in the Grand Final this Saturday at Frankston Park. Game starts at 11.30 am. Come along and support the local team if you can.

**District event:**  
The District Athletics Championships at Ballam Park last week were a great success for Eastbourne PS. We had a day of mixed weather, but our small and enthusiastic team came up with some good results. Please see below for a list of students who have earned the right to represent our Phillip District at the next stage...  
Cooper Hicks – Hurdles; Mackenzie Hicks – Hurdles; Phoenix Stevenson – Hurdles; Brody Ridgway – Discus Hayley Woollard – L Jump and 100mts; Chelsea Veal – 200 mts; Shannon Long – 100 mts  
Jahria Ellis – Shot Put  
Boys 4 x 100 relay – Phoenix S, Brody SS, Jarvis W-M, Henry H  
Girls 4 x 100 relay – Mackenzie H, Holly G, Hayley W, Chelsea V  
Thanks to Mr Hornsby and Ms Stranger for attending.

**Mr H**

**LITTLE ATHS**  
REGISTRATION costs just $145 per athlete and covers insurance, ribbons, certificates, medals and trophies throughout the season. WE COMPETE Friday evenings from 5.00pm for athletes aged U6 - U15 to build confidence, fitness and health in a positive environment. For more information visit: [www.lavic.com.au](http://www.lavic.com.au)  
1. Click ‘join now’ choose ‘Southern Peninsula’ as your centre.  
2. Enter ALL details & make payment via Debit or Credit Card  
3. Come to our first athletics evening for the season on Friday 7th October 5.00pm-Truemans Rd Reserve, Rosebud West.

---

**Primary STUDENT WELLBEING and LEARNING**

**Don’t Be Afraid to Set Limits**

“Max it’s 8 o’clock. It’s time for bed.” 8 year old Max didn’t move. He was watching TV. “Max, did you hear me?” said his Father. “Just a minute.” said Max. “My show’s not finished.” “You’ve got school tomorrow and you need your sleep.” “I’m not tired,” Max replied. “But you will be in the morning,” said Dad. “Okay, just let me see the end.”  
At 8.20pm Max’s Dad asked again, “Has it finished yet?” “Nearly,” said Max.

At 8:45pm, when the show finished, Max still did not have his pyjamas on. By the time he got ready for bed it was 9:20pm. “Good night, Max,” said his Dad. “But Dad, I can’t go to sleep without a story.”  
It’s not easy to get children to do as they are asked. Whether it is bedtime or in other situations, children try to challenge the limits adults set. In this story Max kept pushing the boundaries. An important part of positive discipline involves setting effective limits for children’s behaviour. Setting clear and effective limits supports children’s development and mental health. Knowing that an adult is in charge, helps children feel safe. It can also help to reduce stress in family relationships and make parenting easier. It’s also very important not to unintentionally reward children for not meeting your expectations. In the story, Max’s father unintentionally rewarded Max for ignoring his instructions. By being allowed to decide when to stop watching TV Max got the wrong message that bedtime was flexible, and he continued stretching the limits.

**How to set Effective limits**

**Be firm but friendly** - getting children to follow reasonable instructions does not mean you have to threaten or get angry. Getting angry heats up the situation and is damaging to relationships – try getting your child’s full attention then telling them clearly and calmly what you want them to do – use eye contact and get up close but give instructions calmly – eg “Max, you need to go to bed now. I want you to switch off the TV and go and get your pyjamas on.”
**Set up Rules and Routines** – Having some basic rules in place helps children to understand what you expect of them. Setting up consistent routines for the daily activities like bedtime, mealtimes, bath time and homework means everyone knows what to expect. Having rules makes children feel secure. Your child can help set the rules – eg Max could be part of the decision of when bedtime would be.

**Be Consistent** – Children are more likely to follow instructions when they know you will follow up. By being consistent about enforcing limits you set, children are less likely to test or stretch them.

**Acknowledge, Encourage, Praise** - show you appreciate children’s efforts in meeting expectations by praising them and thanking them. Your approval is a great encouragement for kids. Max’s Dad could draw up a incentive plan of ticks each day of the week when Max goes to bed on time – at the end of the week he can give feedback on any improvements.

**As a guide, below are suggested times for bedtime for children and young people.**

Brett Pascoe Assistant Principal and Student Wellbeing - email: pascoe.brett.w@edumail.vic.gov.au

<table>
<thead>
<tr>
<th>Age</th>
<th>Hours of Sleep</th>
<th>Bedtime</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newborn</td>
<td>15-18</td>
<td>N.A.</td>
<td>New babies don’t yet have any circadian rhythms, and they typically sleep in short spurts of two to four hours throughout the day and night.</td>
</tr>
<tr>
<td>1-4 months</td>
<td>14-15</td>
<td>8:00-11:00</td>
<td>These babies are still developing and feeding often throughout the night. Bedtime starts moving earlier by four months.</td>
</tr>
<tr>
<td>4-8 months</td>
<td>14-15</td>
<td>5:30 – 7:30</td>
<td>Circadian rhythms are emerging. Regular naps (ideally around 9, 12, 3) and an earlier bedtime help these babies get the sleep they need for significant physical and mental development. Bedtime may be on the early side of this range if naps are missed or short.</td>
</tr>
<tr>
<td>8 -10 months</td>
<td>12-15</td>
<td>5:30 – 7:00</td>
<td>Babies this age may only take two naps (9am, 1pm). Bedtime should be no later than 3.5 hrs after second nap ends. Bedtime may move earlier to compensate for lack of third nap.</td>
</tr>
<tr>
<td>10-15 months</td>
<td>12-14</td>
<td>6:00 -7:30</td>
<td>Babies may be transitioning to only one nap in the afternoon, so bedtime may need to move earlier for a while. Bedtime should be no later than 4 hours after waking from nap.</td>
</tr>
<tr>
<td>15 months – 3 years</td>
<td>12-14</td>
<td>6:00 -7:30</td>
<td>Naps may end during this period, or be inconsistent. Move bedtime earlier to help adjustment to no nap.</td>
</tr>
<tr>
<td>3 – 6 years</td>
<td>11-13</td>
<td>6:00 – 8:00</td>
<td>Your child will likely drop the afternoon nap. Once your child is no longer napping, he will need an extra hour of sleep at night, so adjust bedtime accordingly.</td>
</tr>
<tr>
<td>7 – 12 years</td>
<td>10-11</td>
<td>7:30 – 9:00</td>
<td>School age children are still experiencing enormous growth, are very active, and require a lot of sleep. Adequate sleep helps with school performance, behaviour, attention, memory, and more.</td>
</tr>
<tr>
<td>Teenagers</td>
<td>9+</td>
<td>See note</td>
<td>Many teens need to be up early for school. Count backwards from wake time to find the bedtime that ensures they are getting enough sleep. Keep in mind it takes kids an average of 15 minutes to fall asleep, and likely more if they have a lot on their minds.</td>
</tr>
</tbody>
</table>
**ICT Report**

**UNDERSTANDING POP-UPS**

Pop-ups are small windows that appear in front of an internet browser. They are frequently used to display advertising, including advertising for unwanted content such as pornography. Pop-ups are also used by many websites to enable users to enter required information legitimately. Pop-ups used for advertising can annoy users, as they can appear without notice or warning. They can also open websites which are difficult to close, or link users to other, unwanted website content.

**Managing pop-ups.**

There are a number of ways to manage pop-ups using settings on search engines or internet browsers. For example, the Google toolbar provides a free pop-up blocker that enables users to configure those websites where they want to allow pop-ups to appear, and to block pop-ups on websites where they aren’t required. A number of popular browsers allow users to change settings to block pop-ups. Check the ‘Help’ options on these browsers for information. There are some legitimate websites that invite users to switch off pop-up blocking software temporarily because a pop-up from that site will help the user to enter information required by the site. If it’s a reputable website, you can temporarily turn off pop-up blocking.

To stop pop-ups on your computer please follow these steps;

---

**Teaching and Learning Report:**

**Evaluating Progress at EPS**

September is a busy time of year at Eastbourne. At this stage of the year, teachers are busy assessing students’ progress to see the effect of their teaching over the last six months. We are identifying where your child is along the continuum of learning in reading, spelling, writing, maths and science using the same assessment tasks we used in March, so that we can give your child, you and ourselves feedback on how effective our teaching and learning programs have been over the past 6 months. Over the coming weeks, we will provide you with an update of how much progress your child has made so far this year.

Remember: our focus is on growth. All children are capable of making progress, regardless of their current level of development. Our aim as a school is to enhance this growth through ensuring your child feels happy and safe at school, their learning matches their individual needs and that they are practising the things that will help them move forward.

Thank-you to all of those families who are staying engaged in their children’s goals, and communicating regularly with their child’s teacher to answer the fundamental questions:

- Where is my child at?
- What is their next step?
- What can we do to help them get there?

---

**Hugh Greer Assistant Principal**

Teaching and Learning - greer.hugh.a@edumail.vic.gov.au

**Skye Miller ICT Teacher**

kennedy.skye.s@edumail.vic.gov.au
Parents and Friends News
A big, heartfelt thanks to all our helpers for the Father’s Day Stall. It is a lot of work and a big time commitment that is very much appreciated.

Rock and Roll Night tickets for October 20th are now available from the office. This is going to be a great night with a caravan and other great items up for auction, so make sure you set the date aside!

Thanks everyone for your support during Term 3. We achieved some great results for the school and look forward to another fun term starting on the 3rd October!

Jane Griffin—On behalf of the Parents and Friends Association

HAPPY BIRTHDAY TO THE FOLLOWING STUDENTS FOR THE NEXT 2 WEEKS AND OVER THE HOLIDAYS!

September
8th—Connor Gaffney & John Hill
9th—Taleah Strahan & Ty Smale
10th—Kobi-Lee Dyer
13th—Fred Campion, Paige Brennan & Tyler White
14th—Emily Soares, Codie Jones & Ebony Denning
15th—Josh O’Loghlin
16th—Bridie McCafferty & Kiara Wilson
17th—Cass Collett
19th—Tyson Feore
20th—Jaime Wood & Brenden Williams
21st—Lachlan Cooper
23rd—Nathan Harmes & Cindi Oakes
24th—Harrison Reck
25th—Kobe Bec
26th—Jai Blackwell & Ethan O’Loghlin
30th—Baden Prest

October
4th—Richard Coleman & Ciara Leslie
5th—Hannah King

Breakfast Club
Every Day for Everybody 8am to 8.50am
Eastbourne Primary School would like to acknowledge the generous support of the following businesses/community members who have supported the Breakfast Club Program in 2016.

* Bakers Delight (Rosebud Plaza)
  * Food Bank Victoria
  * Rye Woolworths
  * Waterfall Gully Bakery
  * Rangas Bakery
  * The Peninsula Life Church

Satellite CHAMPS for Frankston Mornington Peninsula
This is a FREE support group for children between 8 - 12 years whose parent/s experience mental illness

A Parents Program will run for the parents at the same time. It is an 8 week FREE support group that incorporates:

- fun activities and social connections
- Information about mental health
- Helps develop coping strategies
- Helps the children to develop a personal safety plan
- It supports the children to meet and develop friendships

For Referral forms:
sue.heppell@anglicarevic.org.au

Muffin Break is giving 8 lucky schools the chance to win a share in over $30,000 in prizes to go towards funding a major school project.
Voting is from 29th August and closes on 25th September – so start spreading the word!


Peninsula Gymnastics
September 2016 School Holiday Program
Week 1: Monday 19th September, Tuesday 20th September, Wednesday 21st September 2016
Week 2: Monday 26th September, Tuesday 27th September, Wednesday 28th September 2016

9:00am-1:00pm For school aged children $40 per session
To Book Phone: 9504 1767
Located in Rosebud at 325 Bemm Road Rosebud
Affiliated with Gymnastics Victoria and Gymnastics Australia
A big congratulations to all the children who have the honour of being named Student of the Week, we are proud of you all.

<table>
<thead>
<tr>
<th>Student of the Week 8 Term 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mason Culwell</td>
</tr>
<tr>
<td>Olivia Hando</td>
</tr>
<tr>
<td>Hendrix Eddy</td>
</tr>
<tr>
<td>Leigh Wiebrecht</td>
</tr>
<tr>
<td>Oskar Tipping</td>
</tr>
<tr>
<td>Rachel Ferguson-McLellan</td>
</tr>
<tr>
<td>Brooklyn Chambers</td>
</tr>
<tr>
<td>Clementine Perrin</td>
</tr>
<tr>
<td>Richard Coleman</td>
</tr>
<tr>
<td>Layla Snelders-Schmidt</td>
</tr>
<tr>
<td>Tyrone McDonald</td>
</tr>
<tr>
<td>Tristan Kendall</td>
</tr>
<tr>
<td>Kiarra Wilson</td>
</tr>
<tr>
<td>Summer Mayne</td>
</tr>
<tr>
<td>Zane Jordaan</td>
</tr>
<tr>
<td>Ngahuia Peke</td>
</tr>
<tr>
<td>Madison Barker</td>
</tr>
<tr>
<td>Dre Blackwell</td>
</tr>
<tr>
<td>Kobie Cowie</td>
</tr>
<tr>
<td>Abbey Fletcher</td>
</tr>
<tr>
<td>Mystique Strickland-Cronin</td>
</tr>
</tbody>
</table>

Our playgroup continues to run at school on Tuesday and Thursday mornings from 9:30 until 11:30. Cindy and Yolanda have been organising some great activities with babies and toddlers and their parents. Research shows that spending quality time interacting with your child and has a significant effect on their long term development, and our goal is to improve the quality and quantity of adult-child interactions in our community. All families are welcome to attend to take some time out and have a positive experience with their child! Some of our playgroup families are moving on to kinder and school next year, so we are looking for parents with babies and toddlers to come along and spend time with their children.

For more information, please contact the school office.
Payments
Many families are using the Direct Deposit facility to make payments for camps, excursions and other requirements that occur during a school year. We even have some parents already making payments for their books for 2017. Most of these payments are for small amounts—some as little as $5.00 a week but it really does add up and makes major payments so easy to manage. If you would like to take advantage of this option the Eastbourne Primary School Bank Account Details are Bendigo Bank

BSB: 633 000
Account Number 124505181
Please include your child’s name and reason for payment. This facility can be used for instalments and one off payments. Please contact the office if you have any queries.

EASTBOURNE PRIMARY SCHOOL
YEAR 5/6 STUDENTS PRESENT THEIR 2016 MUSICAL HIT “WHERE’S OTTO?”

Wednesday 14th September 2016
Eastbourne PS Recreation Hall
Time: 6.30pm
Tickets $10.00 now available from the office!

Active travel to school
Students who walk, ride, scoot and skate to and from school are often happier, healthier, and learn better than those who are driven to school. This is because physical activity helps to reduce the risk of obesity, chronic diseases and mental health issues like depression and anxiety, and improves overall alertness and concentration levels. Active travel also helps to develop essential road safety skills. The only way for children to build important road safety skills is to practice under supervision when they are younger. Did you know it is legal for children under 12 (and adults riding with them), to ride on the footpath? There is no need to feel that you or your children have to practice on the road.

There are lots of ways you can get involved. You might like to:

- Talk with other parents in your street/ neighbourhood and find out if other kids are walking/riding to school
- Develop buddy groups of older children who can walk/ride together without adults
- Drive just part of the way to school and drop your children 500m to 1km away so they can walk the remainder. This is a particularly good option if you live a long way from school, or have limited time
- Pack bags and make lunches the night before, to maximise walking/riding time in the morning
- Teach your children road safety and navigation skills by walking with them around the neighbourhood – practice on weekends when roads are quieter and you have more time

More information and family friendly active travel activities can be found at www.victoriawalks.org.au.
Join us for the Scarecrow Festival Day!
Saturday 1 October 2016
Red Hill Recreation Reserve, Arthurs Seat Road, Red Hill
9am – to 3pm
Coinciding with the Red Hill Craft Market
Children’s day featuring:
• Children’s art activities – free painting and craft!
• Children’s Individual (and sibling) Scarecrow competition
• ‘Live scarecrow’ competition on the day – dress ups provided
• Live music
• Scarecrow face painting – free
• Scarecrow Festival Prize ceremony 1pm
WIN great prizes!
Free entry into the Children’s Individual Scarecrow (must register by 1 September 2016) and ‘Live Scarecrow competitions’.
To register your interest complete the online application form. Full timetable of events will be advised shortly.
Special thanks to the Craft Markets Australia and Mornington Peninsula Shire Arts & Crafts unit for their support on Festival Day.

---

You are invited to our PINK RIBBON EVENT

Join Tootgarook Pre-School for a ladies only evening filled with fun, laughter and entertainment while supporting our much loved educator, friend and mum of 3, Melissa Connelly and the Pink Ribbon Foundation.

Saturday 22nd October @ Rye R.S.L Doors open 7:30pm

$55.00 pre purchased $70.00 on the night

Includes complimentary glass of Piccolo on arrival, wine, soft drink & finger food.

BOOKINGS ESSENTIAL
Contact Sarah on 0419 130 219
By 10 October

RSL courtesy bus available

Thank you for your support!
And don’t forget... Dress to impress!