



Principal's Report

NAPLAN ONLINE

NAPLAN (National Assessment Program - Literacy and Numeracy) is underway and our Year 3 and Year 5 students are making us proud in how they are working through their testing times with positivity and trying their hardest.

NAPLAN testing period continues next week, with testing days and make-up days through the week. Thank you for supporting your child through this time with helping them in their nightly and morning routines, including sound sleep time and a healthy breakfast in the mornings - these things all go well in supporting students with a positive start to their day.

Talking about sleep - here is a great reminder about the importance of sleep for children:

STUDENT WELLBEING - THE IMPORTANCE OF SLEEP

While we know sleep is essential for good health, research shows that many children and young people are not getting enough sleep on school nights. This can affect thinking, concentration, memory, reaction times and mood.

Research shows about 12% of primary school-aged children, a quarter of 12- to 15-year-olds and half of 16- to 17-year-olds don't get enough sleep on school nights. The recommended amount of time to sleep for primary school-aged children is 9 to 11 hours. For teenagers, it's 8 to 10 hours.

Signs that your child is not getting enough sleep can include:

- Low mood and irritability during social interactions
- reluctance or arguing about getting off devices

and going to bed

- falling asleep during the day
- difficulties waking up for school and sleeping in late on weekends to catch up
- changes to communicating or interacting at home.

You can help your child to improve their sleep by:

- establishing a regular sleep pattern and consistent bedtime routine
- supporting them to avoid using electronic devices such as smartphones before going to bed and in bed
- encouraging your child to exercise and spend time outside in daylight, steering clear of vigorous activity in the hour before sleep
- encouraging them to wind down and relax before going to bed.

If your child is still having trouble sleeping, has persistent problems with low mood, excessive daytime sleepiness, restlessness in bed, severe snoring or wakening unrefreshed, despite getting adequate length sleep, they should see a doctor.

For more information on sleep health for students, refer to:

[Sleep tips for children](#) and

[Facts about sleep for parents and school staff](#), from the Sleep Health Foundation

[Why sleep is so important](#), from the Kids Helpline

[Sleep explained](#), from the Better Health Channel.



Curriculum Day Learning for Staff

Last week our staff came together for a day of adult learning on our curriculum day. As a team of adult learners we focused on building our trauma-informed best practice in continuing to build student social and emotional learning - we are learning to be the best teachers we can be so our students can be the best learners they can be!



Building Culture - Indigenous Perspectives

A very special piece of our work on this day was discussing and sharing our work forward in continuing to build our understandings of a respectful and connected culture that embraces strong connections with our First Nation's Indigenous perspectives.

One area moving forward is our work in broadening our acknowledgement of country.

After recently attending our Bayside Peninsula Principal Conference, I took away with me a deeper understanding of 'Acknowledgement of Country' for Indigenous people. Following this learning, I was inspired to pen my own personal acknowledgement of country - reflecting my personal connection to country with heart, mind and soul.

As a part of our morning welcome check in circle time, commencing Term 2, all classroom routines will include acknowledgement of country. Students are, and will be, involved in crafting personal class

acknowledgements as they commence their morning 'yarns'. And learning more significantly the importance of country to our Indigenous people and community.



Frankston PS - Celebrating Rich Culture Diversity

One of the amazing things about our school is the diversity within our community and we look forward to celebrating all cultures within our school and across the wider community next week through 'Cultural Diversity Week' and on Thursday for Harmony Day.

On Monday assembly our SRC will share with us the special aspects that Cultural Diversity Week and Harmony Day help us connect to and celebrate. Harmony Day highlights the importance of respecting diversity, and the values of peace and fairness.

On Thursday our students are encouraged to wear their cultural dress or a splash of colour orange - the colour of 'harmony', along with their school uniform. Classes will participate in special Harmony Day activities throughout the day.



Communication - Term 1 Parent Teacher Interviews



Dear Parents and Carers,

Term 1 Parent Teacher Interviews are nearing.

Term 1 Parent Teacher Interviews provide parents and carers with an early discussion with your child's teacher on how your child has settled into their learning this year, how they are progressing in their learning, and a conversation around their social and emotional learning progress. As well as a discussion on your child's learning goals and focus areas for Term 2.

These are scheduled for the final week of this term.

WHEN:

- * Specialist Teachers - Mon 25th March 2.30 - 8pm
- * P - 2 Teachers - Tues 26th March 2.30 - 8pm
- * 3 - 6 Teachers - Wed 27th March 2.30pm - 8pm.

**** PLEASE NOTE - Prep/One C & 3/4C's interviews will be scheduled early Term 2.**

WHERE:

- * Specialist Teachers - in the Dolphin Centre
- * Classroom Teachers - in your child's classroom.

BOOKING INFORMATION:

- * Book through the below link:

<https://www.schoolinterviews.com.au/code/bbdzi>

Please do not hesitate to contact your child's teacher or our front office should you have trouble accessing the link to book your interview time.

Thank you very much for scheduling your time - our teaching team looks forward to talking with you about your child's schooling so far this year.



Prep 2024 Parent Feedback Survey

We are collecting Prep Parent Feedback on our Prep Transition and Orientation process in supporting your child for their successful transition from kinder to school.

Please take the time in filling in this quick survey to help us provide the best transition program.

<https://www.surveymonkey.com/r/NYDJ2BV>

Final Newsletter of Term One

This is the final newsletter for this term due to our Thursday finish in the final week - that is a little hard to believe!

If I don't see you around the school over the next two week - wishing everyone a very safe Easter holiday period and school holiday time!

Warm regards,

Renée Kennedy. Principal.



WELLBEING

THE DIGITAL DILEMMA

HOW DO YOU DEAL WITH THE DRAMAS OFTEN CONNECTED WITH THE DIGITAL WORLD?

It's important to help our children learn healthy concepts about their digital use and citizenship and you as parents or carers play an important role in teaching these skills at home along with teachers reinforcing these behaviours at school.

The following are some things to consider when faced with any unwanted challenges surrounding your child and their use of digital devices and social media.

Ask yourself if you have considered any of the following:

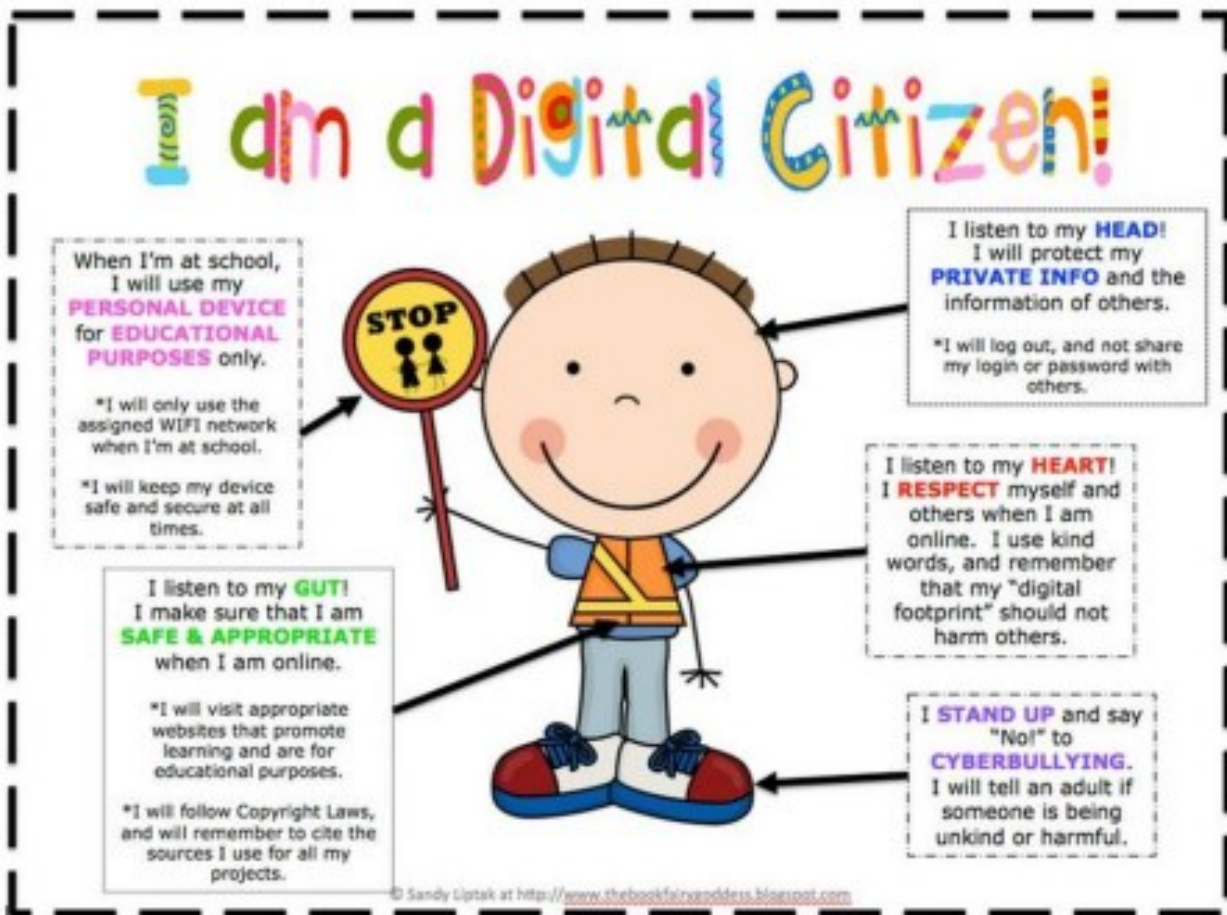
- **Make your own family media use plan.** Media should work for you and within your family values and parenting style. When used thoughtfully and appropriately, media can enhance daily life. But when used inappropriately or without thought, media can displace many important activities such as face-to-face interaction, family-time, outdoor-play, exercise, unplugged downtime and sleep.
Make your plan at [HealthyChildren.org/MediaUsePlan](https://www.healthychildren.org/media-use-plan).
- **Treat media as you would any other environment in your child's life.** The same parenting guidelines apply in both real and virtual environments. Set limits; kids need and expect them. Know your children's friends, both online and off. Know what platforms, software, and apps your children are using, what sites they are visiting on the web, and what they are doing online.
- **Set limits and encourage playtime.** Media use, like all other activities, should have reasonable limits. Unstructured and offline play stimulates creativity. Make unplugged playtime a daily priority, especially for very young children.
- **Screen time shouldn't always be alone time.** Co-view, co-play and co-engage with your children when they are using screens—it encourages social interactions, bonding, and learning. Play a video game with your children. It's a good way to demonstrate good sportsmanship and gaming etiquette. Watch a show with them; you will have the opportunity to introduce and share your own life experiences and perspectives—and guidance. Don't just monitor them online—interact with them, so you can understand what they are doing and be a part of it.
- **Be a good role model.** Teach and model kindness and good manners online. Because children are great mimics, limit your own media use. In fact, you'll be more available for and connected with your children if you're interacting, hugging and playing with them rather than simply staring at a screen.

- **Know the value of face-to-face communication.** Very young children learn best through two-way communication. Engaging in back-and-forth "talk time" is critical for language development. Conversations can be face-to-face or, if necessary, by video chat with a traveling parent or far-away grandparent. Research has shown that it's that "back-and-forth conversation" that improves language skills—much more so than "passive" listening or one-way interaction with a screen.
- **Limit digital media for your youngest family members.** Avoid digital media for toddlers younger than 18 to 24 months other than video chatting. For children 18 to 24 months, watch digital media with them because they learn from watching and talking with you. Limit screen use for preschool children, ages 2 to 5, to just 1 hour a day of high-quality programming. Co-viewing is best when possible and for young children. They learn best when they are re-taught in the real world what they just learned through a screen. So, if Ernie just taught the letter D, you can reiterate this later when you are having dinner or spending time with your child.
- **Create tech-free zones.** Keep family mealtimes, other family and social gatherings, and children's bedrooms screen free. Turn off televisions that you aren't watching, because background TV can get in the way of face-to-face time with kids. Recharge devices overnight—outside your child's bedroom to help him or her avoid the temptation to use them when they should be sleeping. These changes encourage more family time, healthier eating habits, and better sleep.
- **Don't use technology as an emotional pacifier.** Media can be very effective in keeping kids calm and quiet, but it should not be the only way they learn to calm down. Children need to be taught how to identify and handle strong emotions, come up with activities to manage boredom, or calm down through breathing, talking about ways to solve the problem, and finding other strategies for channelling emotions.
- **Apps for kids – do YOUR homework.** More than 80,000 apps are labelled as educational, but little research has demonstrated their actual quality. Products pitched as "interactive" should require more than "pushing and swiping." Look to organizations like Common Sense Media for reviews about age-appropriate apps, games and programs to guide you in making the best choices for your children.
- **It's OK for your teen to be online.** Online relationships are part of typical adolescent development. Social media can support teens as they explore and discover more about themselves and their place in the grown-up world. Just be sure your teen is behaving appropriately in both the real and online worlds. Many teens need to be reminded that a platform's privacy settings do not make things actually "private" and that images, thoughts, and behaviours teens share online will instantly become a part of their digital footprint indefinitely. Keep lines of communication open and let them know you're there if they have questions or concerns.
- **Warn children about the importance of privacy and the dangers of predators and sexting.** Teens need to know that once content is shared with others, they will not be able to delete or remove it completely, and includes texting of inappropriate pictures. They may also not know about or choose not to use privacy settings, and they need to be warned that sex offenders often use social networking, chat rooms, e-mail, and online gaming to contact and exploit children.

- **Remember: Kids will be kids.** Kids will make mistakes using media. Try to handle errors with empathy and turn a mistake into a teachable moment. But some indiscretions, such as sexting, bullying, or posting self-harm images, may be a red flag that hints at trouble ahead. Parents must observe carefully their children's behaviours and, if needed, enlist supportive professional help, including the family paediatrician or GP.

Media and digital devices are an integral part of our world today. The benefits of these devices, if used moderately and appropriately, can be great however research has shown that face-to-face time with family, friends, and teachers plays a pivotal and even more important role in promoting children's learning and healthy development.

Remind your children that if they are a good Digital Citizen then their screen time should not need to be hidden from you when you walk into a room.



Looking forward to continuing to support the students at Frankston Primary School to achieve their full potential and experience success!

Jo Booth (Assistant Principal)



SCHOOL COUNCIL

Welcome to our New School Council President Kylie Stillman

I have enjoyed being a member of School Council for the past 12 months and honoured to accept nomination as School Council President for 2024.

I want to thank the previous President and Council members who have made contributions, most notably retiring President Chad Wilson who has given Frankston Primary school 13 years of service, I hope I am able to do the same, thank you Chad.

This is my sixth year as a parent at Frankston Primary school, with two children attending the school currently in grade 5 and grade 2. I look forward to working with Council member parents and staff to engage and support our very special school community.

Kylie Stillman,
School Council President



Science & Sustainability Seed Harvesting

Our Grade 5/6 classes harvested seeds from store-bought tomatoes and home-grown cucumbers.

They worked together to remove the seeds from the fruit, wash off the pulp and arrange the seeds on paper towel to dry out.

Once this was done, each pair began work designing and labelling a seed packet so the dried seeds can be stored over the colder months, ready for planting in our school food garden in spring.

Harvesting seeds is a fun way to teach children about the life cycle of plants, and if done successfully you may never have to buy another tomato or cucumber again!

From Little Things Big Things Grow...

Rebecca Thurgood

Science & Sustainability Specialist Teacher



Future Engineers at Work!

Snapshots of some of our clever kids at work in Visual Arts this week! They were busy exploring paper and card engineering as they worked on skills of tearing, cutting, folding, joining, building staircases and boxes!

I wonder what families can create and explore at home together.



The future looks bright with such creativity and persistence displayed by our young FPS students!

Kind Regards

Janelle Doyle

Visual Arts Specialist

Message from the ICT leaders

Hey everyone,

We've got some important news to share with you about CYBER SAFETY- your online well-being matters!

Guard your personal info:

Keep your phone number, home address and card details safe.

Surf safely:

Before visiting a website, give it the thumbs up from a trusted adult.

Game wisely:

Be cautious about downloading free games.

Say no to random purchases:

Don't be a cyber shopaholic! Never buy anything from a random website or person.

Block those ads:

Activate ad blockers to shield yourself from internet villains

Sorry to burst your bubble, but no one is sending you free money online.

Avoid clicking on those tempting links

Stand up to cyber bullies:

If you're facing cyber bullying, don't hesitate to call **1800 55 1800**

Stay safe online, and remember, we're all part of this digital adventure together!

Your ICT Leaders

Ben, Lachlan, Max, Isaac, Sunny





FPS Easter Raffle

As part of our 2024 fundraising efforts, we are running an Easter Raffle!

A huge thank you to those families that have already donated Easter Eggs, Easter activity books, socks, headbands, chocolates for our prize hampers!

Remember anything Easter/holidays inspired would be greatly appreciated.

These fabulous Hampers will then be raffled to our School Community.

Winners will be drawn and notified on our last day of Term 1 – Thursday 28th March.

More information and raffle tickets will be available early next week.

How eggciting!

Kind regards

Jo Booth



Easter Hat Celebration

Our fabulous SRC Team has planned an Easter Hat Celebration on the last day of Term 1-Thursday 28th March

9.15 am – 10 am approx.

Lower Basketball Court

This is an Easter themed Hat Parade.

Students are encouraged to get creative at home and there will be spot prizes and certificates given out by our SRC Team.

Please note that students are encouraged to purchase or make an Easter Hat creation at home. We can't wait to see all those crafty ideas!

Unfortunately, there will be no opportunity to create hats at school. All students can participate in our Celebration, either as an audience cheering on, or as part of the parade.

We will also be announcing our Easter Raffle Prize Winners!

We hope you can hop along and join us as we celebrate all of the wonderful work of our FPS

How eggciting!

Thank you

Rhi Drake/ Dani R
SRC Staff Consultants

Mraz/ Emily/ Rose
SRC Student Leaders

HARMONY DAY at Frankston Primary

Harmony Day, which began in 1999 occurs on the 21st of March each year and celebrates Australia's success as a diverse society united by a common set of values.

Frankston Primary School has a diverse enrolment with many students coming from various countries around the world and backgrounds other than English. Harmony Day has been an important celebration for our school community since the beginning.

It is a special day that highlights the importance of respecting diversity, and the values of peace and fairness are crucial to the commitment to our motto "Friends Learning Together".

Frankston Primary School will be dedicating part of our School Assembly on Monday 18th of March, to celebrate Harmony Day at 2:40pm. The ceremony will include a performance from our Grade 3/4s.

Additionally, on Thursday 21st March, Harmony Day, Children are encouraged to wear their Cultural dress or the colour **Orange**. This is not a free dress day, and the rest of our school uniform should be worn to compliment the colour orange.

Students will be participating in special Harmony Day activities within their grade levels throughout the day.

Thank you,

Mrs Drake, Mrs Rankin and the SRC



HARMONY WEEK



JOIN US IN CELEBRATING

HARMONY.GOV.AU



Newsletter



A message from your Coordinator, Maree

We have had a very busy time at OSHC. We have spent quite a lot of time outside, enjoying the beautiful weather. Of course we are Sunsmart and apply our sunscreen 20 minutes before we go out.

Big Art has seen the children complete many bright coloured painting and drawings. Over the next two weeks we will be stepping into Autumn. We will use the Playne Tree leaves to paint on as well as making a giant Autumn Tree to attach our leaves.



Activities coming up

- Magic Sand Play
- Pot of Gold Chain
- Leaf Painting

What's on the menu

- Sweet Potato and Potato Fries.
- Mexican Corn bread/pizza
- Rice Biscuits, Brushetta and cheese

It's free to register

To attend our program, you must register your child. You can register an account with us at pp.campastralia.com.au or by downloading our Camp Australia smartphone app from the Apple App Store or on Google Play. Once registered, it's easy to make bookings and manage your account.



Visit our blog

New articles are added each week for parents and cover various topics to help families.



Friends Learning Together

What's Happening

Please note that this page will be updated each newsletter as new events are scheduled—Camp s and excursion dates will be updated in the new year

Term One 2024

Friday 22nd March	Parent and Carer Association Meeting
Monday 25th March	NAPLAN completed
Tuesday 26th March	Parent Teacher Interviews P-2 Harmony Day Recognition
Wednesday 27th	Parent Teacher Interviews 3-6
Thursday 28th March	Last Day of Term 1 School finishes @ 2.30pm Easter Hat Parade

Public holidays during the term break

Friday 29th March	Good Friday
Sunday 31st March	Easter Sunday
Monday 1st April	Easter Monday



Term Two 2024

Monday 15th April	First Day of Term 2
Monday 22nd April	Anzac Day Assembly
Wednesday 24th April	Curriculum Day - student free day
Thursday 25th April	Anzac Day Public Holiday
Monday 29th April	Grade 3-6 Swimming Program
Friday 3rd May	
Friday 10th May	Parent and Carer Association Meeting
Monday 13th May	Education Week



Friends Learning Together

What's Happening

Term Two 2024 cont...

Monday 27th May	National Reconciliation Week
Friday 7th June	Parent and Carer Association Meeting
Monday 10th June	Kings Birthday Public Holiday
Friday 28th June	Last Day of term 2 School finishes @2.30pm

Term Three 2024

Monday 15th July	First Day of Term 2
Friday 26th July	Parent and Carer Association Meeting
Wednesday 13th August	Curriculum Day - student free day
Friday 6th September	Parent and Carer Association Meeting
Friday 20th September	Last Day of term 3 School finishes @2.30pm

Term Four 2024

Monday 7th October	First Day Term 4
Friday 18th October	Parent and Carer Association Meeting
Friday 29th November	Parent and Carer Association Meeting
Tuesday 5th November	Melbourne Cup Public Holiday
Friday 20th December	Final Assembly
	Last Day of Term 4 finish @1.30pm





Community News



Moonlit Sanctuary

the best way to see Aussie animals

GO WILD THESE SCHOOL HOLIDAYS!

JUNIOR KEEPER CLUB



ENVIRONMENTAL ACTIVITIES, ANIMAL ENCOUNTERS AND NATIVE ANIMAL CARE

Includes feeding animals, food prep and animal enrichment activities.

Learn about our animals, their conservation and the environment.

For ages 7-14 years.

WEEK ONE - Tuesday 2nd - Friday 5th April | WEEK TWO - Monday 8th - Friday 12th April

Cost: \$99.00 per day | Small groups of 16 | 9:00am start - 2:00pm finish

>> Inclusive Keeper Club

Thursday 11th April | 2:00pm start - 4:30pm finish | Cost \$99 per day. Price includes one caregiver for each child.

The Inclusive Keeper Club program provides an opportunity for children who love animals but are unable to attend our mainstream Keeper Club program due to specialised learning or physical needs, and who may require additional support from a parent, guardian or carer. For ages 9-18 years.



Moonlit Sanctuary Wildlife Park
550 Tyabb-Tooradin Rd, Pearcedale | Phone 5978 7935
www.moonlitsanctuary.com.au
Open daily between 10am and 4pm.





Community News



peninsula plus

5975 1500

peninsulaplus.com.au



AVAILABLE APPOINTMENTS

SPEECH AND OT

We have immediate availability for speech and OT support on some days and times. Once families have appointments, we will move them to more convenient times when they become available.



THRIVE PROGRAM

KEY WORKERS

We know that some families need a little more support to move through the therapy space effectively. We have highly trained Thrive coordinators in place to support families as needed along the way.

SUPPORTS FOR PARENTS

PSYCHOTHERAPISTS

We are running a two program specifically targeted to support parents. This is all about the Parent's emotional health and resilience. Our programs are running continually. We also have two counsellors to support parents on a one to one basis

SUPPORT WORKERS

THE PEN PLUS WAY

We have Support Workers who work with clients to support the development of their goals. Our Support workers are strategic, supportive, and goal-focused.





Community News



Dear School Community,

Temporary Changes to Trading Hours for School Holidays

With the end of Term 1 quickly approaching, we'd like to advise you that there are changes to the trading hours of all Beleza retail stores during the holiday break. Your local Beleza store will be closed for the Easter public holidays and during the first week of holidays.

We'd recommend families check their local store's Google listing to confirm opening hours before visiting a store. As we have multiple Beleza locations across Victoria, we suggest searching "Beleza + Frankston" to ensure you're getting the most relevant information.

Please note that all stores will be closed from Friday 28th of March to Sunday 7th of April. We'll return to our usual trading days and hours across all stores from Monday 8th of April, however as our trading days differ from store to store, please check your local store's trading hours.

We'd like to apologise for any inconvenience that these changes may cause, and thank you for your understanding. We hope you all have a safe and enjoyable holiday break! Kind regards, Beleza School Uniform

Kind regards,

Beleza School Uniforms

**BUY NOW, PAY LATER
USE PAYPAL PAY IN 4
AT CHECKOUT**



Community News



Frankston Primary School

Friends Learning Together



COMMUNITY • ASPIRE • OPTIMISM • RESPECT • RESILIENCE • EMPATHY • INCLUSION

ENROL NOW FOR 2025

PREP 2025 OPEN MORNINGS AND AFTERNOONS *We look forward to meeting you!*

TERM 1:

1

Tues 20th Feb 9.30 – 10.30
 Tues 27th Feb 9.30 – 10.30
 Tues 5th March 9.30 – 10.30
 Thurs 7th March 4 – 5pm
 Tues 19th March 9.30 – 10.30 & 4 – 5pm
 Thurs 21st March 9.30 – 10.30 & 4 – 5pm

TERM 2:

2

Thurs 18th April 9.30 – 10.30 & 4 – 5pm
 Tues 23rd April 9.30 – 10.30
 Tues 14th May 9.30 – 10.30
 Thurs 16th May 4 – 5pm
 Tues 21st May 9.30 – 10.30
 Thurs 30th May 4 – 5pm
 Tues 11th June 9.30 – 10.30 & 4 – 5pm

TERM 3:

3

Thurs 18th July 9.30 – 10.30
 Tues 23rd July 9.30 – 10.30am
 Thurs 25th July 4 – 5pm

Prep Parent Information Session 6.30 – 7.30pm

Thurs 2nd May – 2024
Thurs 6th June – 2024

OR CALL US AND BOOK YOUR PERSONAL TOUR

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www.frankstonps.vic.edu.au