

*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"*

We acknowledge the traditional custodians of the land on which we are gathered in Boonwurrung Country and we pay our respects to their Elders past, present and emerging for they hold the memories, the culture and dreams of the Aboriginal and Torres Strait Islander people.



Level Happenings March 9<sup>th</sup>, 2023



Term 1

❖ Parent Helpers Training 3-3:30pm	21 <sup>st</sup> March
❖ Parent Helpers Training 3-3:30pm	28 <sup>th</sup> March
❖ House Cross Country	
❖ Level 3 – Fun Day Excursion	31 <sup>st</sup> March
❖ Second Hand Uniform Shop	3 <sup>rd</sup> April 3-3:30pm

Term 2

**School Photos** 1<sup>st</sup> May & 2<sup>nd</sup> May

## Foundation

**Week 6** is going great!! And marks the last week of Wednesday testing which means the Foundation students are officially now full time.

In Foundation this week we have been focusing on the **spelling and sounds** in the word 'sun' this week. We also revisited our past words of the week being cat, tap and ant.

In Numeracy we are learning about subitising and managing our maths resources. We have been focusing on **1-1 counting** through some games and activities.

We were very lucky to have not one but two sessions with our Grade 6 Buddies this week, which all students really enjoyed.

Investigations continues to be a hit amongst us all. It is such a great opportunity for students to develop their speaking and listening skills but to also really foster student voice across the classroom. Areas are created to appeal to our students interests and the craft area and writing space seem to be the most popular at the moment!

Speaking of craft, if you have small card board boxes, bring them in and we can upcycle these into many marvellous creations.

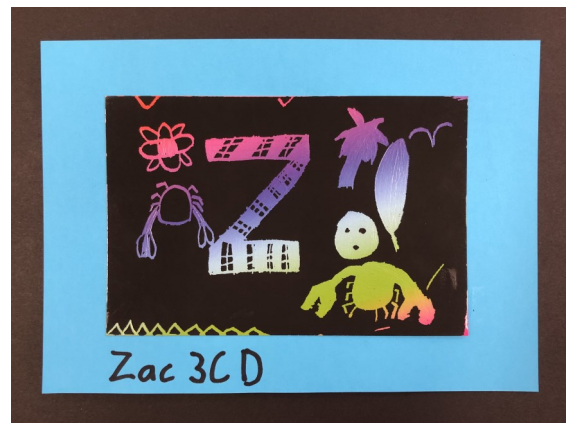
**Congratulations Foundation** students for making it through half of your first term of school!



## Art

### Fabulous Art!

Here are some amazing creations by **Level 3 students**, inspired by the provocation 'Nature'. Students were encouraged to use either their own ideas or a model of some nature and create details and interesting lines and shapes with scratch art. The choice was to include a little bit of nature or a lot. Wonderful effort! **Ms Van Etten, Art.**



## Level Happenings – 1/2

This week we are talking all about gardening! Did you know once a week the **level 1** and **2 students** go to gardening with Mr Marco? We have been learning all about mini beasts and how they can be good or bad for the garden. Firstly we needed to prepare the garden beds for the new seeds. We pruned all the dead plants and watered the existing plants. We then learnt what bugs and insects are helpful and which ones hurt the garden. Did you know ants are really bad because they spread disease to each plant? We have now planted our own beans and will water them throughout the week and watch them grow.

This is just one of the ways we are learning about our science topic for the term. Maybe this week you can get into your own gardens and see if you can find some mini beasts.

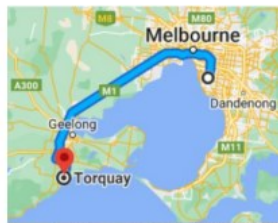
Have a great week and happy gardening.

### The level 1 and 2 team.





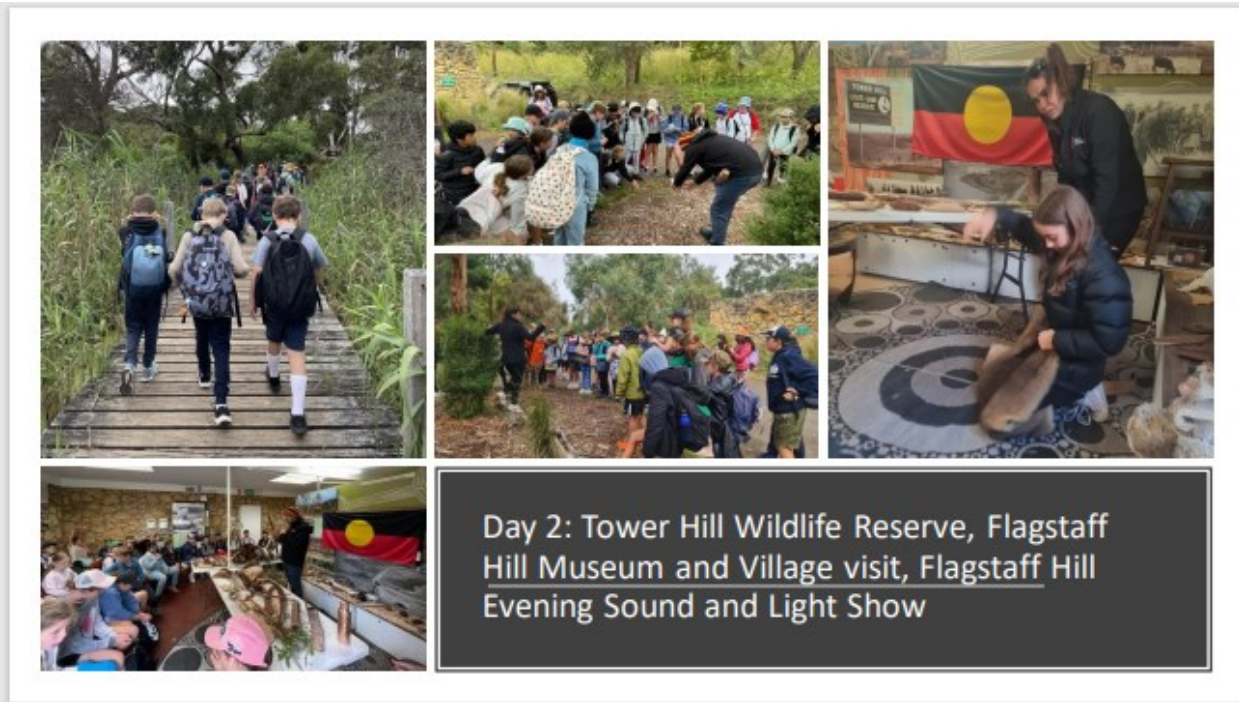
## Day 1: Bus Travel, Australian National Surfing Museum, Learn to Surf, Dinner



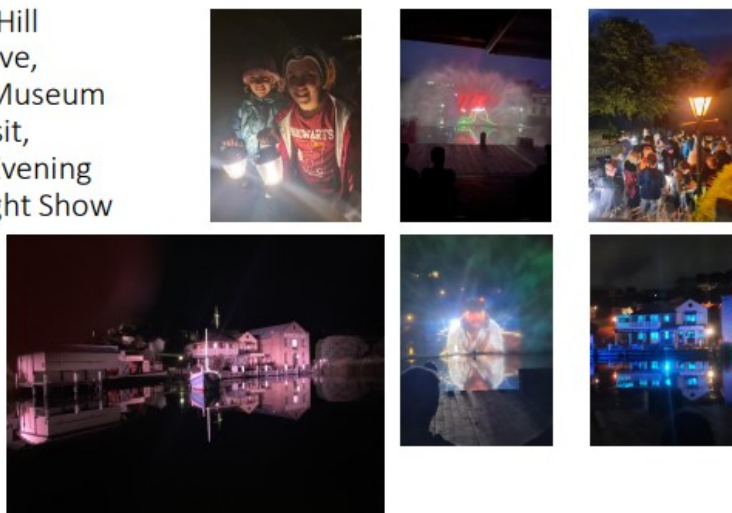
## DAY 1: BUS TRAVEL, AUSTRALIAN NATIONAL SURFING MUSEUM, LEARN TO SURF, DINNER



Level 5/6 Continued ...



Day 2: Tower Hill Wildlife Reserve, Flagstaff Hill Museum and Village visit, Flagstaff Hill Evening Sound and Light Show



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## Day 3: Travel along the Great Ocean Road and walk the Otways Tree Top Walk



## PE

Last Thursday, 25 students represented SEPS and competed in the district swimming carnival at the Melbourne Sports and Aquatic centre. These students were chosen to attend after swimming the fastest in their age groups at our recent School House swimming Carnival.

Each swimmer demonstrated great sportsmanship, teamwork, and a positive attitude. We saw all our swimmers putting in their best efforts in each event and competing with determination and dedication.

The carnival consisted of individual Freestyle, Backstroke, Breaststroke relay and Butterfly events and concluded with crowd favourites, the freestyle and medley relays.

It was great to see and hear our **SEPS students** giving it their all with many personal best times and words of congratulations to their successful competitors.

### **Congratulations to..**

**Nilouh Monterio for placing 3<sup>rd</sup> in breaststroke,**

**Mila Kerstens for placing 3<sup>rd</sup> in Backstroke**

**Laura S, Nilouh M, Mila K and Ira P for placing 3<sup>rd</sup> in the freestyle relay.**

A special thanks to Mrs Hall for attending with the students on the bus and a huge thank-you to Jane Stewart for being our poolside parent helper.

Once again, congratulations to all the Sandringham East Swimmers who participated and thank you for representing our school with the **SEPS way**.







**JOIN THE FUN!**

**Highett & Surrounds  
Term 1 All Girls Auskick**

**Oval 1 Highett Reserve, Highett**

**Thursdays March 9th - April 6th**

**4:30 - 5:30pm**

**Sam Howell - [sam.howell@afl.com.au](mailto:sam.howell@afl.com.au)**

**Aslyn Witney - [aslyn.witney@afl.com.au](mailto:aslyn.witney@afl.com.au)**



**[play.afl/auskick](http://play.afl/auskick)**





**Sandringham East Primary**

## **Chess Club Enrolment Form**

**Term 1, 2023**

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Chess has been played for thousands of years across diverse regions and cultures. Chess club provides kids the opportunity to master this timeless art while socialising, having fun and sharpening their minds.

Through this interpersonal challenge it has been shown that kids develop analytical capabilities, foresight, planning, decision making skills, discipline and much more. These skills are helpful in both academic and personal life. While chess inherently involves competition, our club maintains an emphasis on emotional awareness and sportsmanship.

Throughout the term classes will involve learning strategy and tactics, exercises, games and a term-long tournament.

### **CLASS DETAILS:**

**CLASS TIME:** Thursdays 3.30 – 4.30  
**DATES:** 7<sup>th</sup> Feb – 28<sup>th</sup> March  
**MEMBERSHIP FEE:** \$97 (\*Pro rata if joining late)

Please note that all students are welcome to try out the chess club in the first week and there will be no charge if they decide not to continue for the full Term.

**ENQUIRIES :** Contact Felix Chandler: [felixchandler@mindfulchess.com.au](mailto:felixchandler@mindfulchess.com.au)

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**SEPS - Member details and payment** \*If your child enrolled in the past simply confirm payment via email

To join please return the following details. Payment can be made in cash to the chess teacher or pay via bank transfer and send a scanned email to [felixchandler@mindfulchess.com.au](mailto:felixchandler@mindfulchess.com.au)

Child Name: \_\_\_\_\_ Age: \_\_\_\_\_ Phone: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Email: \_\_\_\_\_

Please select payment method: Cash  Direct Debit  \* include child's name as reference

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### **Bank Transfer payment details:**

ACC. Name: Mindful Chess

BSB: 06 3216

Account No: 1001 8619

\*Please complete payment before returning enrolment form and **include your child's name in the reference**

## Term 1 sport schedule and teams

### SANDRINGHAM EAST PRIMARY SCHOOL TIMETABLE

Wk 1 - Feb 17 Wk 2 - Feb 24 Wk 3 - Mar 3 Wk 4 - Mar 10 Wk 5 - Mar 17 Wk 6 - Mar 24 Wk 7 - Mar 31

GAME 1 Sandy 1 - Brighton OUT Black Rock Brighton Beach Hampton Beauy

GAME 2 2 - Beauy Nth

Basketball	King Club 1-3	King Club 1-3	x	King Club 1-3	King Club 1-3	King Club 1-3	King Club 1-3
Cricket	Chisholm Res	Dendy Park Upper	x	Spring St	Dendy Park Upper	Destructor Res	Dendy Park Upper
Teeball	Tulip St	Destructor Res	x	Tulip St	Tulip St	Spring St	Tulip St
Volleyball	SEPS	Brighton PS	x	SEPS	SEPS	SEPS	SEPS
Lacrosse	Spring St	Peterson 1-2	x	BR PS	BYE	Hampton PS	Spring St
Oztag	AW Oliver Res	Hurlingham 1-2	x	Destructor Res	Spring St	Peterson 1-2	Hurlingham 1-2
Hot Shots	Sandy East PS	Brighton PS	x	SEPS	BYE	SEPS	Sandy PS

Sandy - Boys oztag only, Boys Brighton no lacrosse

BB - no hotshots or lacrosse

#### Colour Coded Buses

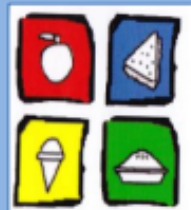
Green = Walking

BAKED IN THE CANTEEN  
FRESH NEXT WEEK

**Choc-Coconut Slice**

**100's & 1000's Biscuits**

**50¢ each**



BAYSIDE CANTEENS

## SMOOTHIES...get you through the day

Smoothies are an easy breakfast or afternoon snack to make which will give you energy for the day and can be packed with loads of nutrients. Here are a few Smoothie Ideas or create your own from the list of ingredients which can make a great Smoothie

Smoothie 1 - Yellow Monkey - Peanut Butter Choc Smoothie

2 frozen bananas, 2 tablespoons peanut butter,  
2 tablespoons honey, 1 tablespoon cocoa powder,  
1 ½ cups milk of choice. Blend all together, drink and  
power on.

Smoothie 2 - Sunshine - Peach and Passionfruit Smoothie

1 cup canned peaches (drained), 1 cup low fat vanilla  
yoghurt, pulp of 1 passionfruit, 1 cup milk of choice,  
1 tablespoon soaked Chai seeds. Blend together,  
drink and recharge.

Smoothie 3 - Pink Panther - Berry Smoothie

1 cup frozen berries, 1 cup low-fat Berry Yoghurt,  
1 cup low-fat milk, 1 weetbix. Blend together, drink  
and conquer the day.

### Ingredients You Can Combine to Make Your Own Signature Smoothie

Select, blend and drink.

**Fruits & Veg:** bananas, raspberries, blueberries, apples (cored), kiwifruit,  
canned fruits, mango, carrots, kale

**Dairy:** low-fat milk, almond milk, soy milk, coconut milk, low-fat yoghurt  
(any flavours)

**Extra Energy:** Weetbix, chai seeds(soaked), wheatgerm, quick rolled  
oats, almond meal, All Bran cereal

**Added Flavour:** honey, malt, cinnamon, milo, cocoa powder

**Order Your Lunches Online.** No need to find the coins or paperbag to  
write lunch orders on...it's so easy. Go to [www.flexischools.com.au](http://www.flexischools.com.au) and sign up.

 flexischools

Term 1,

## COMMUNITY UPDATES & BUSINESSES SUPPORTING OUR SCHOOL

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Register now with  
**THE REDS!**

**Play Soccer! Have fun! Make friends!**  
**Guaranteed game time!**

Mixed gender and all-girl teams and programs:

TEAMS Under 7 to Adult, Masters

SOCIAL SOCCER Women's and Men's

GOALKICK mixed 4–7 years *intro to soccer*

MINI MATILDAS girls 7–12 years *intro to soccer*

Programs for budding coaches, referees & goalkeepers too!

**Hampton Junior Soccer Club and East Brighton (seniors)  
have merged to form THE REDS!**

REGISTER NOW!

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[www.facebook.com/HamptonJSC/](http://www.facebook.com/HamptonJSC/)

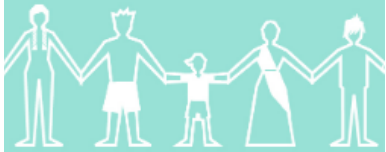
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## Harmony Day !

We are celebrating **Harmony Day at SEPS on Tuesday March 21<sup>st</sup>** where students can celebrate our multicultural community in free **dress with a gold coin**. Classes will be completing different **Harmony Day activities** across week 8.



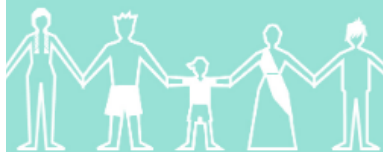
**Harmony  
WEEK**



**JOIN US IN  
CELEBRATING**  
[HARMONY.GOV.AU](http://HARMONY.GOV.AU)



**Harmony  
WEEK**



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