

We acknowledge the Bunurong People, the traditional owners of the land on which this school was established, and pay our respects to their Elders past and present, for they hold the memories, culture and stories of this country.

I hope that you all survived the wintery weekend.....
Certainly, a time to snuggle up with a book and a coffee/tea.

Where to now with the coffee van?



Our lovely Brad finished up with at SEPS yesterday.
Brad has taken the coffee van to the next level, and we are thankful for his service to us.

We have enjoyed all that he has achieved for us.
His last Hurrah was the Mother's Day breakfast where he set up in the stadium.

The reason the coffee van was set up, was to encourage the school community to stop and have a coffee, gather and socialise together and meet new people to develop connections.

So, after so many years of success, we need to ensure that this great initiative, and expensive resource continues.

Is there anyone out there who has a solution?

If you are free in the mornings, would you consider being trained?

This is a paid situation. Please see the office if you have a question or would like to express interest.

Coming up at SEPS

- Jul 24 - 26 • Level 6 Camp - Sovereign Hill
- Aug 21 - 23 • Level 4 Camp - Phillip island
- Tue Sep 12 • Level 2 Fun Day



Hunger Busters Roster

Week	Friday	Assembly
Week 3	12 May	2B
Week 4	19 May	2C
Week 5	26 May	1A
Week 6	02 Jun	1B
Week 7	09 Jun	N/A Curriculum Day
Week 8	16 Jun	1C
Week 9	23 Jun	N/A Last day of term

Mother's Day Breakfast at SEPS

A week ago, the Mother's Day breakfast looked like it may not happen. But we can thank our mum extraordinaire, Dale Sadler, who over last weekend revived and revved up amazing response and now we have 157 families participating and our amazing SEPS' dads lending a hand to make the breakfast a huge success.

That's what Sandy East is about – taking personal responsibility to make a difference for our students and community. Driving an event. Care and respect the key values. We thank you and salute you Dale.

We also thank another superstar Helen Lesirge, who has whipped up a raffle almost overnight.

Make sure that you get a raffle ticket. With 31 great prizes up for grabs, it could be your lucky day. Tickets can be purchased at:

RAFFLELINK.COM.AU/SEPS-MOTHERS-DAY-23



Staff Learning

Last Tuesday evening for two hours, we were very privileged to learn from the numeracy guru – Professor Di Siemon.

Di has done so much research on the best way to teach our students numeracy and we all learnt about the reasons why and how we can improve the number understandings for our children.

Beaumaris North staff joined us for what was an inspirational evening.

More news for parents about the concepts is coming soon, from the Numeracy professional Learning Community at SEPS.



Parent Feedback

Ideas from parent input that have been implemented or were already in progress include:

- ✎ Fortnightly Statement of Intent is continuing for all levels- uploaded at 4pm on odd week Friday.
- ✎ School Council Oval discussed quotes on Tuesday with more research continuing.
- ✎ Student needs for support and challenge is already covered by the seven days of support along with classroom learning.
- ✎ Newsletter to be carefully proofread with the new format well received.
- ✎ Researched based literacy program (Science of Reading) currently being trialled in Foundation and level 1.
- ✎ Research based numeracy is a focus with Professor Di Siemon working with SEPS staff.
- ✎ Professor Misty Adoniou working with staff on literacy – writing.
- ✎ \$2000 of new home reading books purchased in Term 1.
- ✎ Parent volunteering and sorting home reading books over the last 2 weeks.
- ✎ Oval has a sprinkler system - Review operation.
- ✎ Workmen coming to install a concrete pad outside 'Their Care'.
- ✎ Privacy is ensured when parents email teachers via the office.
- ✎ Consistency in language – Mandarin teachers have applied and being interviewed.
- ✎ Children are taught respect by teachers.
- ✎ Phonics is being taught.
- ✎ Feedback box in the foyer encouraged to be used for feedback from SEPS' community.
- ✎ Teachers are leaving for personal life balance or closer to home NOT because of discontent.
- ✎ Compass posts at 3pm each day- consistent so parents know when to access.
- ✎ SEPS has received an outstanding report for review about Child Safe compliance from the Department of Education.

We will continue working through the list.

Monday Assemblies 9am

A reminder that our assemblies are 9am every Monday, we love seeing parents and friends come along.

Please come along and support students and hear the news for the coming week as well as celebrating the learning of students.



Assembly Roster

Week	Monday	Assembly
Week 4	15 May	1C Joh Fitness
Week 5	22 May	4C Tilly Gunasekra
Week 6	29 May	4B Leon Tremain
Week 7	05 Jun	5C Jana Hain
Week 8	12 Jun	No Assembly (PH)
Week 9	19 Jun	4A - TBC

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

SEPS 2023 Upstanders and Peer Mediators



Congratulations to the 2023 SEPS Upstanders and Peer Mediators announced this week. Now in its eleventh year, The Upstanders are invited to upskill their knowledge on social and emotional learning and exercise their creative talents in spreading positive messages throughout the community. The students are encouraged to develop important values such as kindness, integrity, respect, and fairness and put them into practice across our school. They will also act as Peer Mediators to assist yard duty teachers in solving minor issues with younger issues such as finding friends to play with. Schools involved in the project include Beaumaris Primary School, Brighton Beach Primary School, Hampton Primary School, Sandringham Primary School, and Sandringham East Primary School. Congratulations to the following year 5 students:

- ✔ Kiara A
- ✔ Sophia B
- ✔ Elsa B
- ✔ Will C
- ✔ Edith F
- ✔ Luca G
- ✔ Charlie H
- ✔ Adeline M
- ✔ Harris N
- ✔ Ivan P
- ✔ Ruby R
- ✔ Jess S
- ✔ Amalia V
- ✔ Sienna W
- ✔ Amelia W
- ✔ Sunny W
- ✔ Lucia A
- ✔ Charles B
- ✔ Isla C
- ✔ Caedmon D
- ✔ Charlotte F
- ✔ Mona H
- ✔ James J
- ✔ Pia M
- ✔ Abi P
- ✔ Lucy R
- ✔ Sofia R
- ✔ Sunni T
- ✔ Anna V
- ✔ Beau W B
- ✔ Rose W



School Walkthroughs

They are an excellent way of learning about what is happening in our school. If our school is a true community of learners, then we need to view you as parents, as learners also. Researcher John Hattie states that parents should be educated in the language of schooling so that home and school can share in the expectations, and the child does not have to live in two worlds - makes sense. We want to educate parents to become learning partners. Inspect what you expect. To achieve this, we are inviting parents to register for a Walkthrough from 9 - 9.45am on the following dates for:

- ✔ Foundation parents May 24th (new date)
- ✔ 1 / 2 parents May 16th
- ✔ 3 / 4 parents May 22nd (new date)
- ✔ 5 / 6 parents May 18th
- ✔ All levels specialists /support May 31st

If registrations are filled, we will offer additional dates and inform those on the waiting list.

We look forward to sharing what we do at SEPS.

Please use link on Compass to book.

CO2 monitors for an even healthier SEPS

School Council were pleased to welcome Amy Lewis to last Tuesday's meeting.

Amy is one of our parents who applied for the Schools Upgrade Grant and was successful. Awesome Amy.

Thanks to Amy, SEPS has received a \$25,000 grant from the federal government - the fund was set up to manage COVID risk in schools by improving ventilation and air quality.

The funds will be used to purchase 45 CO2 monitors for classrooms and staff areas.

Amy's initiative will help our students thrive in an even safer learning environment.

Why is co2 important?

As we breathe out, we exhale CO2. Increased CO2 rates can indicate higher levels of "rebreathed" air accumulating in a room, therefore poor ventilation.

This is important because higher levels of "rebreathed air" represent an increased risk of catching COVID, colds, flus, and other airborne viruses if someone in the room is sick.

The monitor lets us know when the levels are too high, and we can act like opening some windows slightly, turning on a fan and other simple strategies - along with HEPA filters, this is a great passive risk reduction tool.

At a level of 2,000 **1 in 25** breaths is rebreathed, as compared to a level of 600 where it is only 1 in 200. (Kids breathe at a rate of 18-30 breaths per minute). A level of 600-800 indicates a well-ventilated room.

Studies also show high CO2 levels impair cognition and concentration as well as increase fatigue (we all know that feeling of being a bit tired in a stuffy room), so it's hoped that the system will improve learning outcomes by decreasing absenteeism, but also improving air health within classrooms.

Funds are slated to arrive in late May or early June with installation from July onwards (depending on delivery timeframes) - just in time for the winter cold and flu season.

Well done Amy and thank you on behalf of us all.

Staff News

- 🌿 Welcome to Amanda Stanford who will teach the grade 6 on Mondays with Richelle Fraser Tuesday to Fridays. It's great to have you with us, Amanda.
- 🌿 Welcome to Sallyanne Weppner who commenced with 4A this week - for Mon-Wed for the remainder of the year, except for a few weeks at beginning of Term 3. Sally is an experienced teacher who we are thrilled to have aboard at Sandy East. We so appreciate her willingness to help our students, and our school. Thanks so much, Sally.
- 🌿 A big thank you to Robyn Hall who has been working with Sally to get to know the class and school. We wish Robyn the best – safe travels.



Communication Strategy

Communication strategy – Feedback is positive with the implementation of the 3pm update with only one message a day from Compass if there is news for all community. If there is a class related message, that will be sent separately.



Mother's Day

Happy Mother's Day to all our mums and grandmothers.

POSITION: Mother, Mum, Mama, Mummy, Ma

JOB DESCRIPTION: Long term, team players needed, for challenging permanent work in an, often chaotic environment.

Candidates must possess excellent communication and organizational skills and be willing to work variable hours, which will include evenings and weekends and frequent 24 hour shifts on call.

Some overnight travel required, including trips to primitive camping sites on rainy weekends and endless sports tournaments in far away cities. Travel expenses not reimbursed.

Extensive courier duties also required.

RESPONSIBILITIES: A job for the rest of your life. Must be willing to be hated, at least temporarily, until someone needs \$5.

Must be willing to bite tongue repeatedly. Also, must possess the physical stamina of a pack mule and be able to go from zero to 60 mph in three seconds flat in case, this time, the screams from the backyard are not someone just crying wolf.

Must be willing to face stimulating technical challenges, such as small gadget repair, mysteriously sluggish toilets and stuck zippers.

Must screen phone calls, maintain calendars and coordinate production of multiple homework projects.

Must have ability to plan and organize social gatherings for clients of all ages and mental outlooks. Must be willing to be indispensable one minute, an embarrassment the next.

Must handle assembly and product safety testing of a half million cheap, plastic toys, and battery operated devices.

Must always hope for the best but be prepared for the worst.

Must assume final, complete accountability for the quality of the end product.

Responsibilities also include floor maintenance and janitorial work throughout the facility.

POSSIBILITY FOR ADVANCEMENT &

PROMOTION: Virtually none. Your job is to remain in the same position for years, without complaining, constantly retraining and updating your skills, so that those in your charge can ultimately surpass you.

EXPERIENCE: None required unfortunately.

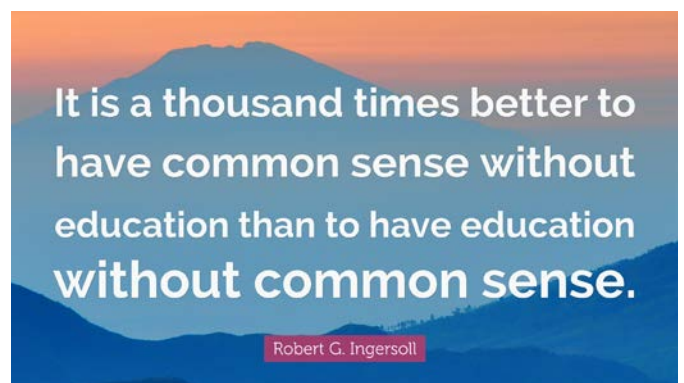
On-the-job training offered on a continually exhausting basis.

WAGES & COMPENSATION: Get this! You pay them! Offering frequent raises and bonuses. A balloon payment is due when they turn 18 because of the assumption that college will help them become financially independent. When you die, you give them whatever is left. The oddest thing about this reverse-salary scheme is that you actually enjoy it and wish that you could do more.

BENEFITS: While no health or dental insurance, no pension, no tuition reimbursement, no paid holidays and no stock options are offered; this job supplies limitless opportunities for personal growth and free hugs for life.

In appreciation for everything that mums do daily.

Quote of the week



Our SEPS newsletter is distributed every Friday with the Principal's News and the Community newsletter comprising the Level Happenings, school Calendar and community Announcements. Please be patient and understanding as we transition to our new newsletter format.

I hope that our school community enjoys another week of fun and learning. Kind Regards, Lauren

Lauren Walton, Principal. 0409 598 185. Lauren.walton@education.vic.gov.au

Level Happenings

FRIDAY 12TH MAY, 2023

Foundation fun

We have been focusing on talking, drawing and writing about our weekend. Each Monday we are talking to each other about the different things that we got up to and practising the use of full sentences with our oral language. We then draw pictures about this and include detail through labeling our pictures or writing some words or a sentence about this.

Our focus word this week has been 'jam' so we have been learning about the sounds and letters in this word.

We have been learning about History and what technologies have changed over the years. We looked at how a typewriter was used but now we use things like computers and iPad's in their place.

Do you have any items that are a blast from the past at home? Bring them in so we can have a look at these. It could be an old camera, discman or even typewriter.

We would also love students to bring in one photo of their family (names and relation written on the back) that can be displayed in the classroom. Please put this in their green folder by **Friday the 19th of May**, if possible.

Levels 1 and 2

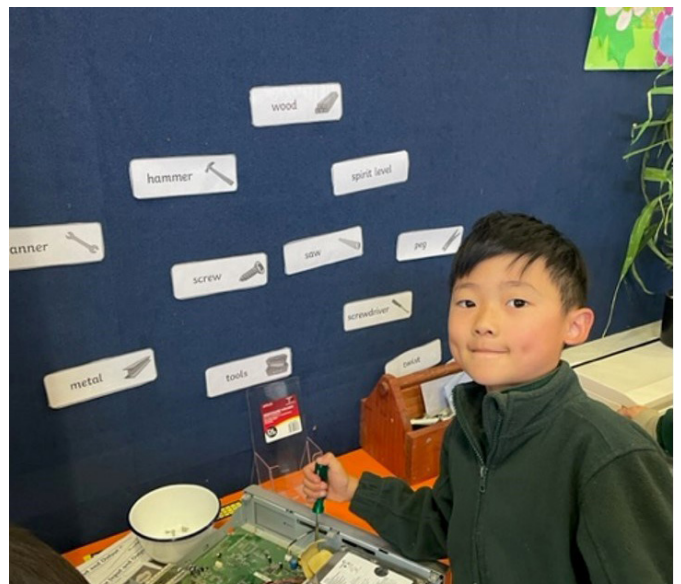
Another brilliant week for Levels 1 and 2! Although the weather has been cold, our hearts have been warmed by all of the wonderful things happening in the JLC.

This week, Level 1 and 2 have been working on their inferring skills by looking closely at a range of pictures. Level 2 has been exploring a new book called: **'The Stone Lion'** by Margaret Wild. Have you heard of it before? The book is filled with wonderful word choices such as huddle, scuttle, limp and fierce. Some of the Level 2's have already been using them in their own writing.

Investigations has been lots of fun (as always) Some students have explored the concept of weight and density by making a lego boat that can float in water. Other highlights have included lots of tinkering and box constructions. Some of our superstars even made a dollhouse. If you have any old items at home (DVD players, CD players etc) that you would like to donate we would LOVE to use them for tinkering during Investigations.

Come and chat to a Level 1 or 2 teacher if you have any suitable donations.

Chat soon. Level 1 and 2.



FRIDAY 12TH MAY, 2023



Levels 5 and 6



School photos, interschool sports double header, Performing Arts roles, Mother's Day stall

School photos were on Tuesday the 2nd of May, when all of our amazing school students showed up with their hair and outfits looking pristine.

Next, we had interschool sports, with our first games on Friday the 5th of May. We had an amazing double header where we versed Beaumaris North and Brighton Primary.

Despite not all teams winning, we saw amazing sportspersonship and had a heap of fun.

On Monday the 8th of May the cast of the 2023 SEPS production was released. Edith F is our amazing lead. This year we had a record breaking 75 people try out for one of the roles, we know this crew is going to be amazing.

To rap up the week we had a Mother's Day Stall on the 9th of May, which was run by a dedicated team of mums. The gifts were so wonderful that some sold out. We hope all the amazing mothers of the school have an wonderful Mother's Day on Sunday.

Owen Han, McKenzie Welsh 6A



FRIDAY 12TH MAY, 2023

Performing Arts

Presenting:

The SEPS 2023 cinematic extravaganza cast.



Excelsior!

Mr Scherpenhuizen

FRIDAY 12TH MAY, 2023

Mother's Day Raffle

Win something special for Mum
this Mother's Day and raise money
for STEAM resources for our
students

BUY TICKETS AT:

RAFFLELINK.COM.AU/SEPS-MOTHERS-DAY-23

OR VIA THE QR CODE



\$5 FOR 1; \$10 FOR 3, \$20 FOR 7; \$25 FOR 10

Drawn on Monday 15th May 2023 at 9.15 am.
Winners announced in the school newsletter
and notified by email.

Prizes

With thanks to our generous sponsors

1st Prize: \$1000 gift voucher for a family photo session with Piccoli Portraits.

2nd Prize: 1 month of free HIIT classes at F45 Sandringham-Highett.
Value: \$260

3rd Prize: 1 month of free classes at FS8 pilates studio Highett. Value: \$256

4th Prize: 1 month unlimited classes at Kula Yoga Hampton. Value: \$250

5th Prize: Voucher for ladies style cut, blowwave and deluxe treatment at Sabuki hair salon, Sandringham. Value: \$130

6th Prize: 2 tickets to any public paint and sip session at White Room Studio. Value \$110

7th Prize: \$100 gift voucher for Cafe Local Italian, Sandringham

Prizes 8 to 17: 10 x Intro passes for 2 weeks of Hot Flow and Yin Yoga at Kula Yoga Hampton. Value: \$55

18th Prize: \$50 gift voucher for Adam The Flower Man, Sandringham

19th Prize: \$50 gift voucher for The Retro Biscuit, Highett

20th Prize: A signed copy of George Colombaris' Just George cookbook, courtesy of The Hellenic House Project. Value: \$50

Prizes 21 to 30: 10 x trial passes for 2 weeks of free classes at FS8 pilates studio Highett. Value: \$45

31st Prize: A bottle of Bent Creek, Black Dog Shiraz, 2018, courtesy of Uncorked Wines and Gin Repository, Sandringham.
Value: \$25

Teeth on Wheels at SEPS - 22nd & 23rd June

EXCITING NEWS

Teeth on Wheels will be visiting this term!



At Teeth On Wheels, we provide the highest quality dental treatment while making it fun, positive and memorable for children.

With the help of the government your child might be eligible for **FREE** dental care.

Our dental services include:

- ✓ Check-ups
- ✓ Scale, Clean and Fluoride Treatments
- ✓ Fissure Sealants
- ✓ X-rays
- ✓ Fillings
- ✓ Extractions



CLICK OR SCAN THE QR CODE TO COMPLETE YOUR FORM



TeethOnWheelsAustralia



#teethonwheels

Phone: (03) 9338 1191

Email: info@teethonwheels.com.au

Bayside Farmers' Market is coming up on Saturday 27th May, 8am-1pm at Trey Bit Reserve (Jetty Road), Sandringham.

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On-demand rewatch available

LIVE WEBINARS AT 7:30PM
(AEDT/AEST)

PARENT & GUARDIAN WEBINAR SERIES 2023



Plan, Prevent, Protect

AVAILABLE NOW ON-DEMAND

Learning, connecting and playing online can be positive and safe. Learn how to create a safe online environment at home with practical advice for raising young people in a technology-rich world.



Safety on the Socials

TUESDAY 9th MAY

Uncover the world of social networking through the lens of a child and teenager. Understand the risks and discover techniques to prepare kids to be safe and responsible on the socials.



Gaming and Your Family

WEDNESDAY 26th JULY

You can learn a lot through gameplay. Help the young people in your home get the most out of gaming experiences and learn strategies to build healthy gaming habits.



Digital Balance and Wellbeing

TUESDAY 17th OCTOBER

Technology plays a vital role in our world but it's easy to lose control. Finding a balance is a crucial 21st century skill. Discover simple tools and settings to manage screen time and thrive in a digital world.

FREE REGISTRATION
cybersafetyproject.com.au/webinars



FRIDAY 12TH MAY, 2023



BAYSIDE JUNIORS TRIATHLON CLUB



ABOUT THE CLUB

We are a Junior triathlon club based in Bayside, for kids ages 10+. We offer weekly training sessions, that will help improve your skills and fitness whilst having fun!

The juniors program is coached by Elle Karahasan, who has been involved in the sport for 10 years, and raced as an Elite Junior and Under 23 athlete in the Victorian development program.

OPEN DAY! 13TH MAY 9.30AM

- We are offering a free training session to invite anyone interested to come along and experience what our club has to offer
- The event will include cycling and run training at Edithvale velodrome
- Visit baysidetriclub.com for information and to sign up for the free session!

**CONTACT ELLE:
[JUNIORS@BAYSIDETRICLUB.COM](mailto:juniors@baysidetriclub.com)**

BAKED IN THE CANTEEN FRESH NEXT WEEK

Weetbix Slice

100's & 1000's Biscuits

50¢ each



BAYSIDE CANTEENS

4 things about nutrition panels

Information on food labels can be confusing, but when you know how to read them, you'll find that the label is the best source of information about a product.

- Labels make comparing different products much easier.
- Food Labelling requirements specify that all packaged food products contain a nutrition panel listing: energy, protein, total fat, saturated fat, total carbohydrate, total sugar and sodium content.
- You can use the nutrition information panel to compare similar products in the supermarket. For example, by using the information per 100g, you could find out which of two types of cereal is higher in fibre, or which of two yoghurts is lower in fat.
- All packaged products must carry an ingredients list. Ingredients must be listed in descending order of weight. This means the first ingredient listed contributed the largest amount and the last ingredient listed contributed the least.

What to look for on labels:

- Aim for >3g total fibre per serve of bread and breakfast cereal
- <10g total fat per 100g is usually a good choice, try for less.
- Aim for snacks with a 450-600kJ or less per serve and <30g total carbohydrates or less per serve.

NUTRITIONAL INFORMATION		
SERVING SIZE: AVE 25G		
AVE SERVINGS PER PACKAGE: 38		
	Per serving	Per 100g
Energy (kJ)	154.6kJ	823kJ
Protein (g)	0.9g	4.1g
Fat - Total	1.7g	8.3g
- saturated	0.7g	1.5g
Carbohydrate	5.1g	25.2g
- sugars	0.4g	1.9g
Dietary Fibre	0.4g	2g
Sodium	42mg	206mg

INGREDIENTS:

Water, Arborio Rice, Tomato Puree (Reconstituted Tomato, Salt) (17.65%), Onions, Tomato Paste (Concentrated Tomatoes 99%, Salt) (3.59%), Garlic, Mozzarella Cheese, Vegetable Stock (Salt, Sugar, Dehydrated Vegetables and Powders, Flavour Enhancer (635), Breadcrumbs (flour, water, yeast and salt) (Gluten), Parmesan Cheese, Spices, Herbs, Rice Bran Oil, Anti-Caking Agent (554), Oil, Sugar, Salt, Pepper, Basil (0.4%), Breadcrumbs (Wheat flour, Sugar, Salt, Yeast)

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 and sign up.

flexischools

Term 2

SANDRINGHAM EAST PRIMARY SCHOOL TIMETABLE

	Wk 1-April 28	Wk 2-May 5	Wk 3-May 12	Wk 4-May 19	Wk 5 - May 26	Wk 6-June 2	Wk 7 - June 9	Wk 8 - June 16	Wk 9 - June 23
GAME 1	x	Brighton		Beauy	Brighton Beach	Sandy		Hampton	Black Rock
GAME 2	Beauy Nth								
AFL	Training	Hurlingham 1 & 2	Training	Chisholm Res	Peterson 1 & 2	Chisholm Res	Curriculum Day	Peterson 1 & 2	Hurlingham 1
NETBALL	Training	Thomas Street	Training	Thomas Street	Thomas Street	Thomas Street	Curriculum Day	Thomas Street	Thomas Street
SOCCER	Training	Dendy Pk (upper)	Training	Beaumaris Res	Dendy Pk (lower)	Destructor Res	Curriculum Day	Destructor Res	Destructor Res
SOFTBALL	Training	Destructor	Training	Tulip St Res	Tulip St Res	Tulip St Res	Curriculum Day	Tulip St Res	Tulip St Res
HOCKEY	Training	Brighton Sec	Training	Brighton Sec	Train @ school	Brighton Sec	Curriculum Day	Brighton Sec	Brighton Sec
HANDBALL	Training	Whyte St Res	Training	Shipston Res	Train @ school	Donald MacDonald Reserve	Curriculum Day	Shipston Res	Donald MacDonald Reserve
					** No Hockey or handball teams	** No girls hockey team			

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