

Dear Parents & Guardians,

What interesting spring weather we are having, from wind, to rain to sun and let's hope that the lovely weather will be consistent and here to stay soon. A reminder to all students that it is an expectation that hats will be worn during recess and lunch and outdoor activities.



### 2016 VPA China Student Exchange Program Principal Perspective

The Student Exchange Program to China was a wonderfully exciting experience for the nine children who attended. After 10 days in Jinling Primary School in Nanjing, we caught the bullet train (which hit a top speed of 308km/hour) to Shanghai where we managed to fit in so many fantastic things. The educational program at Jinling PS included Chinese language, maths and science as well as cultural awareness activities including calligraphy, festivals, Kungfu, dancing &



singing. The end of the school experience saw the children participate in a performance where Chinese educational officials were in the audience. Once in Shanghai, we attended a community market, ate dinner cooked by a host family, shopped at the old Shanghai section and overlooked the city from the 100th floor of the 2nd highest building in Shanghai. Truly an amazing experience for the children and I had a wonderful time with them.

Deborah Harry

### 2016 VPA China Student Exchange Program Student Perspective

Over the past 13 days I was lucky enough to represent Hillsmeade on the China Study Tour. We did activities like paper cutting, learning dance, calligraphy and participated in some classes. We also had the chance to see the Sun Yat-sen Mausoleum, an olden day village and Confucius Temple in Nan Jing. In Shanghai we went to the aquarium and the World Financial Centre. I absolutely loved the trip and I'm so thankful I got to go and make so many new friends. I will remember this trip for the rest of my life!

Caitlyn Smart 5A



### Secondary Science Experience

On Tuesday 25<sup>th</sup> October Grade 6B walked to Alkira Secondary College for a science visit. As we entered the school grounds some were awestruck about the scale and neatness of things. We learned about electricity using batteries and alligator clips. The science teacher, Mr V, explained that static electricity can run through us by using Holly as a test subject. We also learned about electric currents and how electricity runs through circuits. 6C will be attending on

November 8<sup>th</sup>, and hopefully they will enjoy it as much as we did. We'd also like to thank Ms Spruhan for accompanying us.

By Owen and Kezia 6B



### Leadership Support

Thank you to Ms Spruhan for providing leadership support in the office this week. Ms Spruhan has attended PLT meetings, visited classrooms and even taken a trip to Alkira with our Year 6 students for a Secondary Science experience.

### Curriculum Day

Wishing families a lovely long weekend, with a reminder that students are **not** required at school on Monday 31 October as we have our school curriculum day. Teachers will be involved in professional learning throughout the day related to the Victorian Curriculum and looking at strategic planning for 2017.

Jodie Bray Acting Principal

Wednesday, 26th October  
No 33

**OCTOBER**

31st

Curriculum Day  
**(NO SCHOOL)**

**November**

1st

PUBLIC HOLIDAY  
**(NO SCHOOL)**

3rd & 4th

Grade 1 Hands on Science

8th

Prep Transition  
11:40 - 12:40

10th

Prep Woodwork Incursion

11th

Prep Woodwork Incursion  
Remembrance Day

15th

Prep Transition Session 2  
11:40 - 12:40

19th

Progressive Choir Dress  
Rehearsal

24th

Cinderella & Rockafella  
Production 6:30pm in the hall  
Entry - Gold Coin Donation  
(All Welcome)

### Grade 4 Camp

Reminder to all parents. Final payment for Grade 4 Camp is due 21st November. Payments can be made via Qkr!

Preferred Payment Method



IT'S COOL TO BE AT SCHOOL

# LOOK WHAT'S GOING

## Think big, dream big

Last reminder for our Shopping Tour to be held Saturday 12th November we have 38 eager ladies awaiting a BARGAIN, to have a fun day out and start Christmas shopping. Register at the office by the 2nd of November. A reminder to all those who paid deposits, the final payment is also due the 2nd November!

We still have many Car boot sites left. We need 11 more sites filled (\$10 a site) Buy this Friday 28th October otherwise this amazing event will be cancelled (all payments will be reimbursed). Please register your interest at the office either in person or over the phone.

Thank you to everyone who has responded to our Carols night.

Last of all our Walkathon is next Friday. Get your whacky wigs out or funny hat and be in the draw for great prizes.

Have a great week

Inez - HFC President 2016

### CANTEEN SPECIALS

#### MONDAY / WEDNESDAY SPECIAL

- Salad Plate\*, Frozen fruit and a drink **\$5.50**  
\* extra salad 50c Each
- Chicken & Salad Roll and drink **\$6.00**
- Pizza or Pasta and a drink **\$6.00**

#### THURSDAY SPECIAL

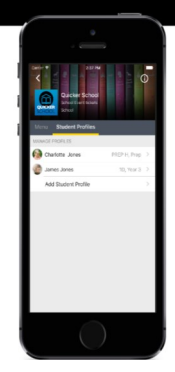
- Aussie Pie or Sausage Roll & a drink **\$4.00**
- Caesar Salad Wrap, Frozen fruit & a drink **\$6.00**
- Add Chicken **\$1.00**

### Canteen Reminders

All frozen fruit, ice-creams & slushies need to be collected from the canteen at lunch time (They will not be delivered to the class room)



Q. Can two parents set up an account for the same student?  
A. Qkr! offers the ability for two parents to set up accounts for the same student if needed. However, please note that the two accounts are independent and no details are shared between them.



### WANTED

(To borrow) For the school production: brightly coloured girls gumboots in sizes 3, 4, 5, 6 & 7 (1 pair in each size).

If you can help with this please contact the office or Mrs Scott.

Thank you

## Hillsmeade Heroes Bounce Back Awards For Humour

- |                     |                   |                      |                   |
|---------------------|-------------------|----------------------|-------------------|
| Mikaere Barnes      | Olivia Berry      | Sarah Simonsen       | Kira Schmidt      |
| Jayden Grunzu       | Caleb Teo         | Piper Driscoll       | Aishah Shahid     |
| Billal Amiri        | Canny Tereva      | Ricky Dobson         | Moalik Akhlaqi    |
| Florence Inthavixay | Ethan Hayes       | Kira Schmidt         | Eylce McDonald    |
| Morwan Eisa         | Homayuh Alizadah  | Aishah Shadid        | Yahia Sadaqat     |
| Malachi Vaeau       | Dakota Mayworm    | Izzy Tolland         | Cooper Kennedy    |
| Somaya Younos       | Noor Balasim      | Rheyan Cortez        | Chase Potts       |
| Zoe Ellis           | Cooper Porter     | Nethulya Kottogoda   | Erin Guyett       |
| Shaileshwar Suresh  | Simone Carter     | Sudhara Jayawardhane | Deegan Canty      |
| Owen Wolffenbuttel  | Lucy Hwang        | Melanie Haralambous  | Yaree Asghari     |
| Brooklyn Munemo     | William Lewis     | Suwinee Printhan     | Blake Bruce       |
| Jordan McClumph     | Charli Ansell     | Samantha Von Hagt    | Sibel Oztan       |
| Indi Beattie        | Mereana Barns     | Kiara Dauer          | Eunice Amato      |
| Jaycea Cuthers      | Ruben Jillings    | Fatimah Balasim      | Mihir Pai         |
| Cody Odonnell       | Jacinta Vigilante | Tepua Charlie        | Holly Van De Loop |
| Quratulane Ali      | Trilin Alo        | Maya Nitsiopoulos    | Luke Brighton     |
| Aleisha Crane       | Toran Fazel       | Chayse Kelly         |                   |



# ALL SYSTEMS ARE GO!

THE 2016 RACV ENERGY BREAKTHROUGH IS  
RIGHT AROUND THE CORNER AND THE  
**HUMAN POWERED VEHICLE TEAM**  
NEEDS YOUR HELP!

## TUESDAY 8TH NOVEMBER ZOOOPER DOOPER FUNDRAISING

We will be selling Zooper Doopers for \$1 from the HFC building at  
recess and lunch .

Please bring along your \$1 and help support the team.

## TUESDAY 15TH NOVEMBER (Week 7) SPORTSTAR DRESS UP DAY

We are holding a GOLD COIN DONATION 'dress up as your favourite sport star, team or  
colours day'. Your support will be kindly appreciated as we are still fundraising to buy

equipment and accessories for our  
vehicles. Also, everyone loves a good  
reason to get dressed up.



On behalf of the 2016 HPV team we  
thank you for your support and we  
look forward to sharing our journey  
with you at assembly on Friday.

*MOTTO Growing & Learning Together*

*MISSION To provide a caring, safe and supportive learning environment for children to grow.*

*VISION: At Hillsmeade Primary School, we aim to continually grow and learn together by: supporting individual abilities and excellence in academic achievement, celebrating diverse backgrounds and cultures, and becoming global citizens prepared for the needs and expectations of our ever changing society.*

## NOTICES DUE BACK

- Grade 1 Hands on Science Due 28th October
- Hoop Time Due 12th November
- T20 Milo Blast Due 26th October

## NOTICES SENT HOME

- Grade 4 Camp full payment reminder
- T20 Milo Blast

### Characteristics of a healthy self-esteem

There are ways parents and educators can support children in developing a healthy self esteem.

#### 1. Help your child feel special and appreciated.

Make your child feel special by providing 'one on one time' with them regularly. In this time you can discuss problems and focus on things that your child enjoys doing.

#### 2. Help your child to develop problem-solving and decision-making skills.

Allow them to solve problems with support from you. Offer suggestions and praise them for trying even if the problem doesn't get solved.

#### 3. Avoid comments that are judgmental and instead, frame them in more positive terms.

Avoid telling your child to try harder, as they might well be trying as hard as they can. Instead offer suggestions such as different strategies they could use to learn.

#### 4. Provide choices for your child.

Instead of telling your child to do something provide them with a choice of when they do it or how they do it. This helps to set the foundation for a feeling of control over one's life.

#### 5. Do not compare siblings.

It is important not to compare siblings and to highlight the strengths of all children in your family. Everyone in the family is an individual who has their own strengths and weaknesses.

#### 6. Highlight your child's strengths.

Help your child make a list of their areas of strength. Reinforce their strengths. For example, if your child is a wonderful artist, display his artwork around the house.

#### 7. Provide opportunities for children to help.

Providing opportunities for children to help is a concrete way of displaying their strengths and highlighting that they have something to offer their world. By giving small tasks to do around the house they will feel a sense of self-worth and importance.

#### 8. Have realistic expectations and goals for your child.

Realistic expectations provide your child with a sense of control. The development of self-control goes hand-in-hand with self-esteem.

*Andrea Garwood - Classroom and Specialist teacher*

For further information refer to the following websites; [Healthychildren.org](http://Healthychildren.org); [Familyeducation.com](http://Familyeducation.com); [Raisingchildren.net.au](http://Raisingchildren.net.au)



**SSA**  
SPORT STAR ACADEMY

**RUGBY STAR ACADEMY**

ARE YOU LOOKING TO DEVELOP YOUR RUGBY SKILLS?  
THEN COME AND JOIN US AT RUGBY STAR ACADEMY.

EVERY TUESDAY AFTER SCHOOL

5 TO 7 YEAR OLDS 4PM TO 5PM  
8 TO 12 YEAR OLDS 5PM TO 6PM

VISIT OUR WEBSITE TO FIND OUT MORE  
[WWW.RUGBYSTARACADEMY.COM.AU](http://WWW.RUGBYSTARACADEMY.COM.AU)  
1300 372 300

Waverley Gymnastics Centre  
**NARRE WARREN CAMPUS**

Waverley's Narre Warren campus at Fountain Gate Primary offers fun & challenging gymnastics classes for primary school-aged children of all abilities. Classes are held on Wednesdays & Thursdays!

**CALL 9887-9611 TO BOOK A FREE TRIAL CLASS!!**

All classes are taken by qualified and registered coaches and are held in the Fountain Gate Primary School Gymnasium  
Prospect Hill Road, Narre Warren (Melways Ref. 110 B1)  
For enquiries or a **FREE trial class**, please call the office on **9887-9611** or visit [www.waverley-gymnastics.org.au](http://www.waverley-gymnastics.org.au)

## Helping your child to Read, Write, Speak and Listen.

### OPPORTUNITIES to write everyday at home

Like reading, writing becomes an everyday activity at home. Let your child see you writing.

Try some of these writing ideas at home:

49. Write a shopping list or add items to the list and tick off the items as you buy or unpack them.
50. Keep a board to write and read family messages.
51. Give your child a pad of sticky notes to write reminders for themselves.
52. Plan and write your weekly menu together.
53. Write captions for photographs in your family photo albums.
54. Write labels for your child's art works and creations.
55. Make words using magnetic letters and stick them on the fridge.
56. Make and write greeting cards, birthday cards, and thank you notes.
57. Keep a family calendar on display and write down family events. Talk about upcoming events with your child, for example, where, when, and who will be there.



### DOING MATHS TOGETHER AT HOME

Children need lots of experiences in making, counting, drawing and talking about numbers. Make connections for your child by explaining how numbers and counting are a part of everyday life. The activities below will help your child develop these skills.

You may feel that the maths your child is doing at school is different from how you were taught, but you will still be able to support your child in many ways.

#### Playing shop

Collect food and grocery items and label them with prices written on sticky notes or prices cut out of shopping catalogues.

58. Talk about how we pay for items using notes and coins.
59. Make paper money or use play money to buy and sell goods from the shop.
60. Order the food items by height (tallest to the shortest) or by cost (least expensive to most expensive).
61. Introduce kitchen scales to the shop to weigh some foods such as a box of tea bags or a bag of rice and order items by weight.



## ATTENDANCE AT HILLSMEADE PRIMARY SCHOOL IN 2017.

My children, listed below **WILL NOT** be returning to Hillsmeade in 2017.  
(This does not apply to Grade 6 students)

Childs Name \_\_\_\_\_ Current Grade \_\_\_\_\_  
 Childs Name \_\_\_\_\_ Current Grade \_\_\_\_\_  
 Childs Name \_\_\_\_\_ Current Grade \_\_\_\_\_  
 Childs Name \_\_\_\_\_ Current Grade \_\_\_\_\_

(PLEASE PRINT)



Please indicate which school they will be attending \_\_\_\_\_

Parents Signature \_\_\_\_\_