



Growing and Learning Together

Wednesday, 6th September

Issue No 28

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|---|---------------------|--|
| | 4th-6th September | Year 4 Forest Edge Camp |
| | 7th September | Year 1 Aquarium Excursion |
| | 8th September | Assembly 2:45pm Hillsmeade DISCO Literacy & Numeracy Dress Up Day |
| | 11th-15th September | Year 6 Canberra Camp |
| | 12th September | Year 5 Sovereign Hill Excursion |
| | 14th September | VSSS Dress Rehearsal 1 |
| | 15th September | VSSS Dress Rehearsal 2 Junior Elective Program/ Seniors not running Lightning Prem |
| | 18th September | Parent Teacher Interviews |
| | 19th September | Year 5 Taste Tester Parent Teacher Interviews |
| 6 | 20th September | Parent teacher interviews Year Three Smart Banking Incursion |
|) | 22nd September | Footy Show Your Colours Day Assembly Last Day Term 3 2:30pm Finish |

NOTICES INFORMATION

- Hats At School
- Canteen Coffee
- Sovereign Hill Reminder



www.schoolinterviews.com.au School Code - y82fq



Picking up Students during

recess, lunch & afterschool

If you are planning on picking your child up from school in between 11-11:30am or 1:30-2:30pm, please let the office or teacher know so we can have your child and their bags waiting in the office. While the kids are outside, it is hard for them to hear all of the announcements. Our teachers also lock the classrooms during recess and lunch so it can make collecting school bags difficult. After school if you are running late please call the office before 3:20pm so we can call your child to the office and have them wait with us. Please remember school finishes at 3:30pm each day and your child is required to be picked up no later than 3:45pm.

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.



Dear Parents / Guardians

What an exciting week we have had at Hillsmeade. Enjoy the great photos from events across the school.

Year 4 Camp

On Monday morning the very excited Year 4 students, teachers and volunteer parents set off for Camp. They had an amazing time despite the cold weather. Next weeks Link will have some recounts of their adventure.



The Promenade, Narre Warren South, 3805. Ph: 9704 6313 Fax: 9704 7010



Growing and Learning Together







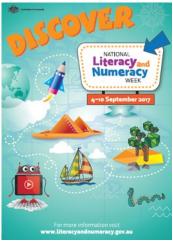
STEM at the ELC

Congratulations to Shiona Watson and the ELC who were successful in their expression of interest to be a part of The Early Learning STEM Australia (ELSA) Pilot. This pilot will provide early learning educators with opportunities to facilitate preschool children to engage in STEM practices. The Pilot will commence in 2018 and be delivered via a series of digital applications, activities and workshops to create a play based learning environment rich in



STEM practices, such as exploring locations, patterns, problem solving, designing, making and spatial reasoning.

ELSA is a key early childhood initiative of the Australian Government's National Innovation and Science Agenda. It supports the Inspiring all Australians in digital literacy and STEM measure, which seeks to increase the participation of Australian children in STEM and improve their digital literacy.



Literacy & Numeracy Week

We are currently celebrating National Literacy and Numeracy Week at Hillsmeade. Classrooms have been provided with a pack of fun and engaging quick maths games from the Department to use as great lesson starters and we have begun our daily maths challenges again. Today's challenge is "How many windows are on the OLD grade 5 classrooms?"

National Literacy and Numeracy Week helps to raise awareness of the importance of literacy and numeracy at school and beyond and runs from the 4th to the 10th of September. We look forward to all students getting involved in our daily activities and a reminder that we are having a dress up this coming Friday, September 8th to celebrate!

Parent Teacher Interviews

It is that time of the year again when we encourage families to book an appointment for Parent Teacher Interviews. This is a great opportunity to celebrate student progress and partner in the continued commitment to student learning growth.

Parent Teacher interviews for Hillsmeade Primary School will be held on Monday 18, Tuesday 19 and Wednesday 20 September in Week 10 of Term 3. Bookings must be entered before Friday 15 September, when bookings for this event will close. Interviews are strictly 10 minutes and spaces are limited. If you require more time, please contact your teacher directly to make alternative arrangements.

Please visit <u>www.schoolinterviews.com.au</u> to make a time for your interview. The bookings close on 15th September.



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Gymnastics Competition

Congratulations to all of the Hillsmeade students who participated in this week's gymnastics competition. A big thank you to Kate Pollock and our parent volunteer coaches for coaching, supporting, transporting and positively working with our competitors.







Father's Day event

What a wonderful community event we had to celebrate Father's and special friends on Friday the $\mathbf{1}^{\text{st}}$ of September. It was wonderful to see so many students and guests engaging in the activities provided. Thank you to Sarah Smith, the Specialist PLT and all staff who contributed to another wonderful event. Also a big thank you to all of the guests that took the time to attend this wonderful event.









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ELC Father's Day Event

Thank you to everyone who attended our twilight Father's Day event at the ELC. It was wonderful to have so many people attend and engage in the great activities. Thank you to Shiona Watson and the staff at the ELC for putting on another great community event.









Coffee at the canteen

We are excited to announce that coffee has arrived at the canteen. From Friday the 1^{st} of September coffee will be available from the canteen. This will be available each day from 8:15am - 9am. Please come by and purchase a coffee and enjoy a coffee and a chat in the mornings. Thank you to Felicity and Bianca for supporting this for our school community.



PRICE LIST

Small (8oz) coffee of choice \$3.50

Regular (12oz) coffee of choice \$4.00

Alternative milk 50c extra (please advise so we can have available)

Hot chocolate and Chai also available





Hillsmeade School Disco

A reminder that the annual Hillsmeade School Disco will be held this Friday the $8^{\rm th}$ of September in the school gym —

This is another terrific event organised by volunteers in the Hillsmeade Fundraising Committee.

Junior Disco (Grade Prep – 2): 5:30pm – 7pm Senior Disco (Grade 3 – 6): 7:30pm – 9pm



Parents are welcome to attend the Disco, but we request that you watch your children from the designated parents area. There will be a significant number of parent volunteers with Working With Children checks supervising the children, assisted by a number of teachers also volunteering their personal time.

If you would like to be a parent participant in the Disco we welcome volunteers! You'll need a (free) Working With Children check — please contact the school office to let us know that you're available to help.

Stewart Johnson School Council President

Principal for a Day 2017 – Ian Burrage
Executive Director | School Improvement
South Eastern Victoria Region
Department of Education and Training



On Tuesday the 5th of September Hillsmeade Primary School welcomed Ian Burrage from the Department as our Principal for a Day. Ian was warmly welcomed to our school with a tour by our School Captain Tom James-Medhurst and Monash Captain Nicholas Greene. Ian also visited 5A for a reading lesson with Toni Barker and a Year 6 Maths workshop with Jess Szalek. He also caught up with our School Council President Stewart Johnson and staff over morning tea. Mr Burrage met with student leaders to discuss Hillsmeade and their roles as student leaders.

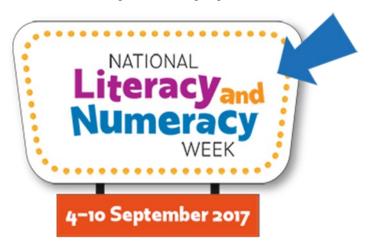
I would like to take this opportunity to thank Mr Burrage for visiting our school for the day and also thank students











Welcome to Literacy and Numeracy Week 2017. This week we are celebrating Literacy and Numeracy week at Hillsmeade Primary School with a Literacy and Numeracy Dress Up Day this Friday, September 8th. We look forward to seeing book characters come alive this Friday as we share stories and enjoy the books that we love. This week will be full of reading, writing and numeracy activities to celebrate our love and enjoyment of all things literacy and numeracy.

This Federal Government initiative is to support the importance of Literacy and Numeracy, the foundations of learning with teachers, parents and students across Australia.

Please find attached some useful Literacy and Numeracy Tips and suggestions to promote the love of reading and writing as you support your child's development in the area of literacy.

Top Literacy and Numeracy Tips for parents – Early Years (DOCX 347KB)
Top Literacy and Numeracy Tips for parents – Early Years (PDF 388KB)
Top Literacy and Numeracy Tips for parents – Primary School (DOCX 350KB)
Top Literacy and Numeracy Tips for parents – Primary School (PDF 370KB)
Top Literacy and Numeracy Tips for parents – High School (DOCX 350KB)
Top Literacy and Numeracy Tips for parents – High School (PDF 369KB)

Another resource you may find useful and informative is the Learning Potential app – it's packed with helpful tips and inspiring ways you can be more involved in your child's learning, from the highchair to high school.

Learning Potential is free! You can download the app at www.learningpotential.gov.au

Reminders

A reminder that this Friday is our whole school assembly starting at 2:45pm in the gym.

Jodie Bray

Principal

JUNIOR ELECTIVES

Each fortnight, students in Grade Prep, One and Two are involved in the Junior Electives program from 2.30-3.30 on a Friday afternoon. Students participate in electives they chose including mindful colouring, book making, circus skills, traditional Aboriginal games, board games, gym for kids, outdoor games, art and craft, move and groove and recycled art. The aims of the program include increasing students connectedness to school and building relationships between students from different classes and year levels. The program also encourages resilience in our students and allows student voice in choosing which elective they would like to participate in. Thanks to all the teachers who make this program great!

Circus Skills





Mindful Colouring





DIRECTED DRAWING





Board Games





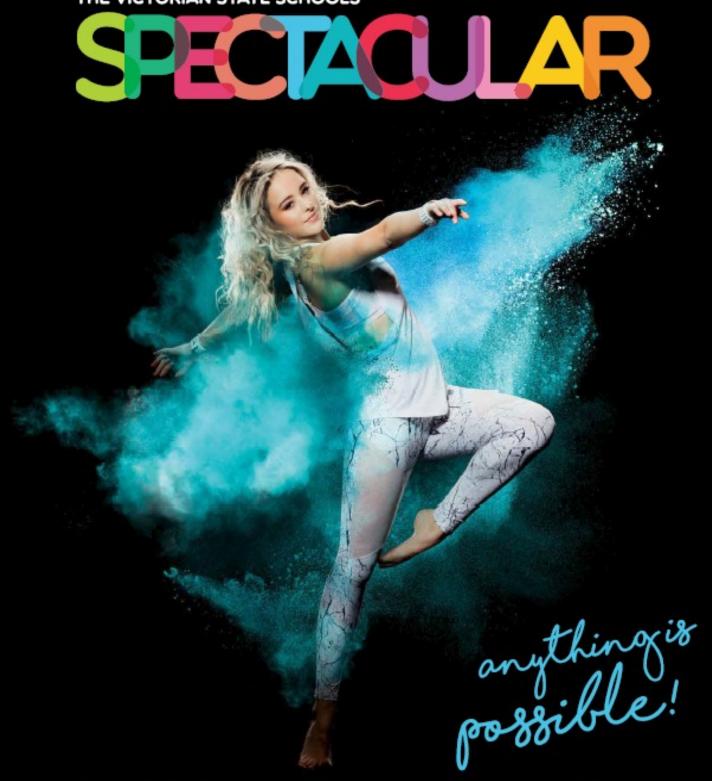
Book

Making





THE VICTORIAN STATE SCHOOLS



SATURDAY 16 SEPTEMBER 2017

Hisense Arena, Melbourne Park 1pm & 6.30pm

education.vic.gov.au/spectacular

facebook.com/performingartsunit

Book now ticketek.com.au/spectacular or call 132 849











THINK BIG DREAM BIG

Well we hope everyone loved their special gifts bought by the children at our Fathers and Special Friends Stall.

It was a massive success, we sold out of everything!!!

Our next big event for this term is our fabulous DISCO this Friday night.

Juniors 5.30-7pm and Senior 7.30-9pm sharp.

All glow stick orders will be distributed to classrooms on Thursday with stock being checked and packed by our volunteers on Wednesday.

Dress up, glow and have lots and lots of fun!

A massive thankyou to our amazing teachers for volunteering their time as well, to make this event a success.

See you all on Friday night with your permission slips (extra slips available on the night).

Have a great week! Inez HFC President 2017





Remember to LIKE our Hillsmeade Fundraising & Reminders Page on FACEBOOK





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HILLSMEADE VALUES



Encouraging

Teaching children to encourage others is important so they learn to not always be self-focussed but to understand how others may be feeling.

When we are positive and encourage others to do their best we are sending a message of support.

Hearing encouraging words gives feelings of hope and confidence.

To encourage others is to actively uplift, support and inspire them through words and actions. Encouragement may be used by teachers, parents and peers:

When something is difficult

- I know you are trying hard
- Terrific thinking
- I knew you could do it

To build confidence

- That's a great achievement
- I like how you did that
- Great work

To motivate

- Keep going
 - You can make it
- You're nearly there

To just say something nice

- I appreciate you
- Thank you for...
- You're a great friend

We can help children to learn to encourage by:

- Asking them to discuss a time when they have been encouraged by others and how that made them feel
- Helping them to think of ways to encourage others and demonstrate how they can act on their ideas
- Modelling encouragement—think of ways to actively encourage others in the presence of your children
- Positively acknowledging when you see encouraging behaviour from your child

Andrea Garwood – Classroom teacher

Symptoms of chickenpox

The symptoms of chickenpox include:

- low-grade fever
- general discomfort, illness or lack of wellbeing (malaise)
- intensely itchy skin rash appears as small blisters surrounded by irregularly-shaped patches of inflamed skin. The blisters first form on the body and later on the head and limbs. They usually burst and develop crusts after about five days
- ulcers may develop in certain areas, including the mouth.

For chickenpox, the time from infection to the appearance of the rash (incubation period) is around 14 to 16 days. A few days before the appearance of the rash, the person may feel feverish and have a sore throat and headache. The skin may be marked for some months after the rash has cleared.



Chickenpox is spread by:



- breathing in airborne droplets from the upper respiratory tract of an infected person (these droplets are made airborne when the infected person coughs or sneezes)
- touching the fluid from the blisters on the skin of a person with chickenpox (this is a less common way to contract chickenpox).

An infected person is contagious for one to two days (possibly five days) before the onset of the rash and remains infectious until the blisters form scabs (usually around day five of the illness).





The office has a lot of lost property, if any of these items are yours or your child's please contact the office.

Any items that are unclaimed by the end of this term will be donated or discarded.



2017 Term 3

Canteen Specials

Orders to be in NO later than 9:30am.

CLOSED TUESDAYS



Clearly write Name and Grade with your order on your bag, or envelope. Alternatively you can view and order everything on our Qkr!

App. Please remember an extra 10c in your order if you DON'T have a brown paper bag.

Thursday Special

Cheeseburger with lettuce & any Drink Now available on Thursdays.

Remember to specify which drink including slushies.

\$6.50

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 classroom).



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Read All About It! Read All About It! Lunchtime Library Borrowing

Great news, the library will be open during Tuesday lunchtimes for borrowing.

Return books, borrow books or drop in and read up a storm.



HILLSMEADE READING CLUB!

An opportunity for you to come to a comfortable place to read before school with friends, buddies and teachers.

We hope to see you

(ind regards,

Mrs Ahlgren, Mrs Porter and Miss

Where The Library

When Mondays and Wednesdays from 8:15am to 8:45am



Why

to take a chance to practice and enjoy reading in a supportive and encouraging environment.



HILLSMEADE'S RUNNING CLUB!

Do you want to run off some extra energy, be healthy, have fun, and meet new people?

Then Hillsmeade's Running Club is the place for you.

Come and meet us at the <u>school oval outside</u>
<u>Mr. Cardamone's room</u> to sign in, run some laps
around the track and enjoy!

Don't forget to wear your runners
Mrs Kett and Mrs Pilarinos

WHY?

- RUN OFF THAT
 EXTRA ENERGY
- MEET NEW
- CHALLENGE
- YOURSELF
 SET AND
 ACHIEVE
 GOALS

When:

Wednesdays and Fridays

8:15-8:45am

WET WEATHER

With the wet weather and plenty of puddles around, could parents please pack a spare set of clothes in your child's bag.



Breakfast Club is back Tuesdays 8:15-8:40





We ask parents not to bring dogs onto the school grounds before 4:30pm during school days. There have been a growing number of dogs being brought onto school grounds during school hours and there have been reports of students being harassed and injured as a result of contact with dogs.

We ask that you respect this request and regard the safety of Hillsmeade students.





Enrolments for 2018

If you have a child you wish to attend Hillsmeade PS in 2018 please collect an enrolment form from the school office.



ENGLISH FOR PARENTS

- Learn to speak, read and write English and have fun in our new class
 - Join in with other parents from the school

WEDNESDAYS 9.15AM TO 11.15AM

Term 3: 6th September to 20th September

Term 4: 11th October to 13th December

Location: Hillsmeade Primary School

Early Learning Centre

ENROLMENT AND COFFEE DAY





\$90.00 per person

For bookings and enquiries

call Clea on 9704 7388



PROUDLY BROUGHT



WWW.NARRECLC.NET.AU







·Growing and Learning Together ·

Treating and controlling headlice

health

contact with head lice. The information contained here will help you treat and control head lice.

Catching head lice

Head lice have been around for many thousands of years. Anyone can get head lice.

Head lice are small, wingless, blood sucking insects Their colour varies from whitish-brown to reddish-brown. Head lice only survive on humans. If isolated from the head they die very quickly (usually within 24 hours).

People get head lice from direct hair to hair contact with another person who has head lice. This can happen when people play, cuddle or work closely together.

Head lice do not have wings or jumping legs so they cannot fly or jump from head to head. They can only crawl.

Finding head lice

Many lice do not cause an itch, so you have to look carefully to find them.

Head lice are found on the hair itself and move to the scalp to feed. They have six legs which end in a claw and they rarely fall from the head. Louse eggs (also called nits) are laid within 1.5 cm of the scalp and are firmly attached to the hair. They resemble dandruff, but can't be brushed off.

Lice can crawl and hide. The easiest and most effective way to find them is to follow these steps

- Step 1 Comb any type of hair conditioner on to dry, brushed (detangled) hair. This stuns the lice and makes it difficult for them to grip the hair or crawl around.
- Step 2 Now comb sections of the hair with a fine tooth, head lice comb.
- Step 3 Wipe the conditioner from the comb onto a paper towel or tissue.
- Step 4 Look on the tissue and on the comb for lice and eggs
- Step 5 Repeat the combing for every part of the head at least four or five tim

If lice or eggs are found, the hair should be treated.

If the person has been treated recently and you only find empty hatched eggs, you may not have to treat, as the empty eggs could be from a previous episode.

Treating head lice

Treating head lice involves removing lice and eggs from the hair. There are two ways you can do thi

- 1. Buying and using a head lice lotion or shampoo, following the instructions on the product

 2. Using the conditioner and comb method (described
- under 'finding head lice') every second day until there have been no live lice found for ten days.

If you choose to use a head lice product always read and follow the instructions provided with the product carefully.
The following points may also be helpful:

- . Head lice products must be applied to all parts of the
- . No treatment kills all of the eggs so treatment must involve two applications, seven days apart. The first treatment kills all lice; the second treatment kills the lice that may have hatched from eggs not killed by the first treatment
- Cover the person's eyes while the treatment is being applied. A towel is a good way to do this.
- If you are using a lotion, apply the product to dry hair. If you are using a shampoo, wet the hair, but use the
- least amount of water possible. Apply the treatment near the scalp, using an ordinary comb to cover the hair from root to tip. Repeat this

There is no need to treat the whole family - unless they also have head lice.

Concentrate on the head - there is no need to clean the house or the classroom.

several times until all the hair is covered.

Only the pillowcase requires washing - either wash it in hot water (at least 60°C) or dry it using a clothes dryer on the hot or warm setting.

Testing resistance

Head lice products belong in one of the following categories depending on the active compound they contai

- pyrethrins
- synthetic pyrethroids (permethrin, bioallethrin)
- · organophosphates (maldison or malathion)
- · herbal with or without natural (non-chemical) pyrethrins

Insecticide resistance is common, so you should test if lice are dead. If they are, treat again in seven days using the same product. If the lice are not dead, the treatment has not worked and the lice may be resistant to the product and all products containing the same active compound. Wash off the product and treat as soon as possible using a product containing a different active compound. If the insecticide has worked, the lice will be dead within 20 minutes.

Any head lice product could cause a reaction and should be used with care by women who are pregnant or breastfeeding, children less than 12 months old and people with allergies, asthma or open wounds on the scalp. If you are unsure please check with your pharmacist or doctor.

Head lice combs

Combs with long, rounded stainless steel teeth positioned very close together have been shown to be the most effective, however, any head lice comb can be used.

Head lice eggs

Head lice eggs are small (the size of a pinhead) and oval. A live egg will 'pop' when squashed between fingernails



Dead eggs have crumpled sides and hatched eggs look like tiny boiled eggs with their tops cut off.

Regulations

According to the Public Health and Wellbeing Regulations 2009, children with head lice can be readmitted to school or children's service centres after treatment has commenced

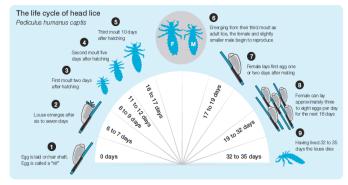
The department recommends a child with head lice can be treated one evening and return to school or children's service centres the next day, even if there are still some eggs present. There is no need to miss school or child care because of head lice.

Preventing head lice

Check your child's head regularly with comb and conditioner. There is no research to prove that chemical or herbal therapies can prevent head lice.

Further information

The following website offers further information: www.health.vic.gov.au/headlice



The information in this pamphlet is based on the research conducted and written by Associate Professor Rick Spears and the team of researchers at, School of Public Health and Tropical Medicine, James Cock University.

Cover concept by students from St Patrick's Primary School, West Geelong. Life cycle diagram courtesy of Nitpickers Qld. © Copyright Department of Health 2010. Authorised by the State Government of Victoria, 50 Lonsdale Street, Melbourne November 2010. PH468. (I010013)

Program

25th-27th SEPTEMBER (3 days) • 9am-3pm 2nd-3rd OCTOBER (2 days) • 9am-3pm

BASKETBALL • INDOOR SOCCER



\$100 for 3 days \$80 for 2 days

Lunch can be purchased for \$5 per day

Berwick Indoor Sports Centre 68 Bemersyde Drive, Berwick, Victor

Tel: 8786 7892 / 0436 483 958 Email: berwickindoorsports@bigpond.com www.berwickindoorsports.com





To enrol or for more information visit www.berwickindoorsports.com or contact us through our contact information







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Moonlit Sanctuary Keeper Club

Spring 2017 school holiday dates:

Week 1: Mon 25th Tues 26th Wed 27th Thurs 28th September Week 2: Mon 2nd Tues 3rd Wed 4th Thurs 5th Fri 6th October

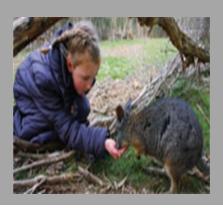
Cost: \$70.00 per day, or \$189 for 3 days (pro rata for additional days).

Bookings essential as spaces are limited

Dress for the weather and wear closed-toe shoes, long pants and remember your hat or raincoat. BYO lunch or purchase at the café.

Moonlit Sanctuary

550 Tyabb-Tooradin Rd, Pearcedale Phone 5978 7935 Web: www.moonlitsanctuary.com.au Open daily between 10am and 5pm





115 SOUTH GIPPSLAND HWY, DANDENONG. 9706 9988















ALL CARLOADS ONLY \$30 PER MOVIE THURS-SUN

SESSIONS AT WWW.LUNARDRIVEIN.COM.AU
Information correct at time of printing. All dates and films are subject to change.

1

Sport **Fitness** Confidence Self Defence Discipline Fun Friendship

Karate Classes

Free Karate Uniform!! All Ages—Male and Female

HILLSMEAD PRIMARY SCHOOL
THE PROMINADE, NARRE WARREN SOUTH JUNIORS: 7 TO 13 YEARS; 6:30PM TO 7:45PM

TEENAGERS & ADULTS; 6:30PM TO 8:30PM



LION BUSHIDO KARATE ACADEMY

TUESDAYS ALSO AT: Tuesdays: Saturdays:

ountain Gate Prim. School Prospect Hill Drive Narre Warren

Dandenong Primary School Cnr. New St & Foster St Dandenona Heany Park Primary School

Patterson Lakes

Community Centre Buckingham Road

Rowville 54-70 Thompson Rd. Patterson Lakes

Free Trial Class Phone 9887 4098

Bookings available for Term 1 — 2017