

Wednesday, 13th September

Issue No 29

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11th-15th September	Year 6 Canberra Camp
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
20th September	Parent teacher interviews Year Three Smart Banking Incursion
22nd September	Footy Show Your Colours Day Assembly - Junior Choir Item Last Day Term 3 2:30pm Finish
9th October	First Day Term 4
27th October	HFC Walk-a-thon Event
1st November	Science Expo
2nd November	Hoop Time - 3/4 Regional Final
9th November	Art Show ELC
14th November	Prep Transition

Wishing all of the students participating in the Victorian State Schools Spectacular good luck for Saturday

Lisa Scott



www.schoolinterviews.com.au

School Code - y82fq

Booking cut off 15th September

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,

Happy week 9. Another exciting and eventful week at Hillsmeade. It has been a buzz of activities and events over the last week. Enjoy this week's Link with lots of pictures of our fantastic events.

Year 6 Camp

Bright and early on the morning of Monday the 11th of September some very excited students and teachers set off for Canberra on the Year 6 camp. The day started early with students beginning to arrive with lots of luggage at 7:15am. Bags were packed, buses were ready and students were ready to go. We look forward to hearing more about their trip in next week's link.



Our Year 6 students and teachers are having a wonderful time in Canberra. They left bright and early on Monday morning and were very resilient throughout the long drive. They made frequent stops along the way and enjoyed Ms Patterson's bus games.

They were lucky enough to meet Jason Wood our local MP at Parliament House. They have visited the Capital Exhibition Centre and went on a guided tour of Government House.

The students met the Governor General, His Excellency Honourable Peter Cosgrove at Government House. This was a real treat, as students rarely get to meet him.



Literacy & Numeracy Week

On Friday the 8th of September we celebrated Literacy and Numeracy week with a dress up day. We were so impressed with the creative outfits from all members of the school community. Please enjoy some of the wonderful pictures of our students in costume.



Thank you to families for supporting our students in dressing up for this special day.



Parent Teacher Interviews

A reminder that next week we will be holding our parent teacher interviews. They will be held on **Monday 18th, Tuesday 19th and Wednesday 20th of September in Week 10 of Term 3**. Bookings must be entered before Friday 15th 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 www.schoolinterviews.com.au to make a time for your interview. The bookings close on 15th September.

This is a great opportunity to celebrate student progress and partner in the continued commitment to student learning growth.

School Disco



On Friday the 8th of September we had our annual HFC Hillsmeade Disco. It was a wonderful event that was well attended. A big thank you to Inez Crowe (HFC President) and the HFC volunteers for organising such a great event for our students. Also a big thank to Felicity and Bianca for staffing the canteen and to the canteen volunteers. Also, a big thank you to the staff of Hillsmeade who gave up their Friday night to assist with the event. Well done to DJ Jess Szalek.



Portable removal and replacement

We are very excited to inform the school community that the next phase of our portable removal and replacement will be on Wednesday the 13th of September. This work will require the athletics track and oval to be fenced off to support the safe work to take place. Over the next weeks we will see special matting placed over the synthetic oval to support the safe removal of the old Year 5 portable and the installation of the new portables.

We are very excited to see this work begin. This is an exciting opportunity for our school and we look forward to watching the new portables take shape.



R U OK day

You may have noticed our beautiful faces on our front fence. On Thursday the 14th of September Hillsmeade Primary School will be participating in 'R U OK?' day. R U OK? Day is our national day of action dedicated to reminding everyone that we've all got what it takes to ask, "are you ok?" and support those struggling with life. Taking part can be as simple as learning [R U OK?'s four steps](#) so you can have a conversation that could change a life.

The day is about inspiring people to start these conversations every day of the year. Help get your school, workplace and community asking "are you ok?"



Prep CFA Incursion

In Prep we have been exploring the concept of community. Over the past two weeks, the students were visited by our local CFA firefighters. We learnt about what firefighters do, the equipment they use and what the students can do if they are caught in a fire. We also had the opportunity to see and explore a real fire truck. It was a great experience to learn more about people in our local community that can help us.



Year 1 Excursion to the Aquarium

On Thursday the 7th of September the Year 1 students went on an excursion to the Melbourne Aquarium. 1A students Kemala and Gemma provided the following comments about their visit:

We went on a bus and it was a long way to the aquarium. We got off the bus and we ate some of our snack. We were feeling excited and cold.

It was so incredible inside the aquarium. Some of the exciting things we saw were: penguins, mud-skipper, a 65 – year old crocodile (that was as long as 1A and 1D students in a line) and a shark with very sharp teeth. We also saw some sting rays and got to watch a 4D movie.

The sea horses were funny shapes and they could blend in with the kelp. It was interesting to learn that sea horses can be used to make medicine.

There was also a green long snake. The baby turtles were so cute. In the wild turtles can get stuck in rubbish and fishing nets.

*We all had a fantastic time. Some of us fell asleep on the way home.
Kemala 1A and Gemma 1A*



Year 5 Sovereign Hill excursion

On Tuesday the 12th of September our Year 5 students set off for an excursion to Sovereign Hill. They left bright and early and persisted through the weather to enjoy the wonderful educational offerings at Sovereign Hill.





Victorian State Schools Spectacular

I want to take this opportunity to publicly acknowledge Lisa Scott and her helpful volunteers, Karen Hounsome and Brooke Gniel for their hard work, dedication and support of our students participating in this weekend's State School Spectacular. There is a tremendous amount of planning, budgeting, coaching and support that goes into offering these wonderful opportunities to our students.



We were so excited to see a snippet of their performance at last week's assembly. We wish them all the very best of luck this weekend in their performance in the Victorian State School Spectacular at Hisense Arena on Saturday.

Reminders

A reminder that this Friday there will only be the Junior electives taking place due to Year 6 camp. Have a great week.

Jodie Bray
Principal





26th July - 19th September

Hillsmeade Heroes



Aadir Nota
Eliza Overall
Reka Siman
Yahia Sadquat
Stella Curry
Diara Sidiqi
Erin Buckley
Dabir Nota
Archie Ryan
Moalik Akhlaqi
Jaide Davis
Harry Mihai
Lucas Skrobo
Erin Guyett
Lui Vergara
Jason Ling
Tara Niven
Daylan Van Sanden
Navya Bhardwaj

Bradley Van Dyk
Thenuka Athavan
Kaleb Davis
Hailey Watson
Aarav Bhargava
Aysha Mahmood
Saracen Ma Ching
Sahar Lalizada
Zahra Haidari
Ayva Lovett
Keisha Lowe
Victoria Gringi
Joel Flemming
Eesha Tahir
Tyler Mackerness Maddocks
Ilir Saliu
Jackson Potts
Darcey Maas
Eunice Amato

Nikola Jovchevski
Ruby Pollock
Lara Nittoli
William Neang
Ana Istratoaie
Sumaya Ramic
Jayden Harry
Claire Sherlock
Amelia Kemp
Mahli Tapuai-Tonumaipea
Cooper Wright
Alaia Choudhury
Ethan Siegman
Aliyah Appelman



Hillsmeade Gymnastics Competition 2017

For the last term and a half, students in Grades 5 and 6 have been practising gymnastic routines in order to compete at the Primary Schools Gymnastic Competition. They have worked in teams and learnt routines in bars, beam, rhythmic gymnastics, acrobatics, aerobics, rings, floor and vault. The practises took place at Thursday lunchtime and also Friday during Middle Years Sport. It was a significant commitment and I congratulate everyone who was part of the team and also thank Bronwyn Smart who was the mastermind and main organiser of this event.

The Friday before competition the team practised at a real gymnastics centre in Berwick so that they were completely ready. Then on the 4th and 5th of September the competition took place. The competition involved several primary school, from all over the state, and also some very prominent private schools. Everyone performed with confidence and worked to the best of their ability, and represented Hillsmeade proudly. Congratulations to all teams and particularly to the Legends Advanced team of Madi de Koning, Alisha Kennedy, Caitlyn Smart, Simone Carter and Annabel Christian who came first in their competition.

Well done also to Madi DiBlasio, Kaci Christian, Taneisha Van Den Bogaart, Piper Driscoll, Bella Avery Russo, Bianca Visentin, Indi Hyde, Melanie Haralambous, Abbey Driscoll, Milani Kraja, Onadi Ganegoda Gamage, Rita Asghari, Sara Alizada, Zahra Abassi, Amelia Fink, Arlene Dhillon, Aysha Mahmood, Emily Melville, Farisa Md Ala Uddin, Maria Gringi, Gemma Mouette, Isla Lewis, Lucy Pollock, Keira Cathery-Harvey, Belinda Nikitina-Li, Ella Phipps, Ella ryan, Kira Emery, Cloe Donaldson, Daniel Schmidt, Tara Niven, Naomi Alter, Jade Dunn and Chelsea Vella.

Make sure you come and see some of the routines which will be performed at our last assembly in term 3!



AQUARIUM EXCURSION

Last week Grade 1's visited the Melbourne Aquarium. We were awestruck at the big fish tank, counting how many sharks we could see and excitedly spotting sting rays and colourful fish. We also got to see turtles, lungfish, crocodiles, seastars and penguins. We learnt that animals need shelter, food, water and oxygen to survive. We also classified animals according to their features.

Back at school we looked at photos taken and explored them as our seed for informational writing. We all decided that the 4D movie was a definite highlight.

What a great day!



HILLSMEADE VALUES



Courageous

To be courageous is to not be afraid of trying something new even though it may be challenging or it may end in failure. It also means being firm in what you believe is right and wrong.

Being courageous can be shown through a thought, a feeling or an action.

Children are encouraged to be brave and courageous in a safe and secure environment at school. Through positive support from their teachers and peers, children are given the opportunities to face challenges and learn from their mistakes. Growth comes from taking chances and feeling confident outside their comfort zone.

Having a positive mindset allows children to believe they can do anything if they put their minds to it. Positive self-talk can change the way we view a situation. Thinking 'I can do it' instead of 'I can't' shows courage.



Courage might be shown in a number of different ways like:

- ◆ Speaking to someone you don't know well
- ◆ Trying a new experience
- ◆ Speaking up for something you believe in
- ◆ Sharing something personal with the class
- ◆ Taking on a leadership role
- ◆ Not giving up when things get tough
- ◆ Facing fear
- ◆ Dealing with failure or rejection positively

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.

How chickenpox is spread

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).



LOST PROPERTY

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).

Preferred Payment Method



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 there!

Kind regards,

Mrs Ahlgren, Mrs Porter and Miss Petersen

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 school oval outside Mr. Cardamone's room to sign in, run some laps around the track and enjoy!

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

WHY?

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

When:

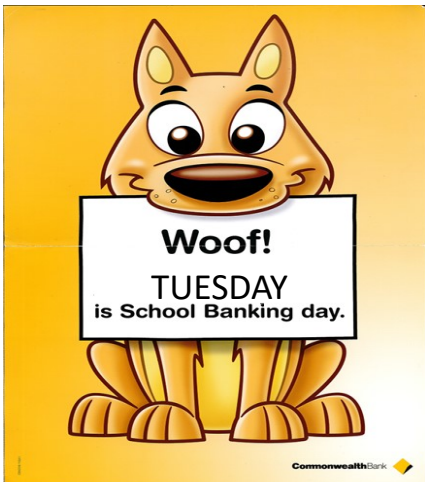
Wednesdays and Fridays

Time:

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.



Time for School Breakfast

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.

ENROL NOW

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
TO YOU BY



**Narre Community
Learning Centre**
developing community through learning & support

WWW.NARRECLC.NET.AU

Treating and controlling headlice

health

Testing resistance

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

- pyrethrins
- synthetic pyrethroids (permethrin, bioallethrin)
- organophosphates (malidison 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

While children are at school many families will have 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 times.

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 this:

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.

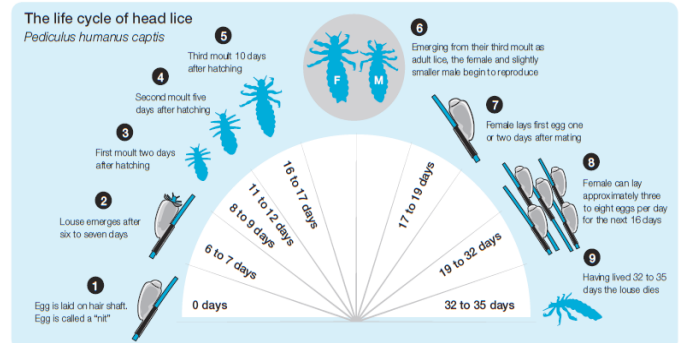
If you choose to use a head lice product always read and follow the instructions provided with the product carefully. The following points may also be helpful:

- Head lice products must be applied to all parts of the hair and scalp.
- 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 several times until all the hair is covered.

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.

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.



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 Cook University.

Cover concept by students from St Patrick's Primary School, West Geelong. Life cycle diagram courtesy of Nitpickers Ltd. © Copyright Department of Health 2010. Authorised by the State Government of Victoria, 50 Lonsdale Street, Melbourne. November 2010. PH468. (01/0013)

School Holiday Camp

3 Day Program Only \$100!!

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

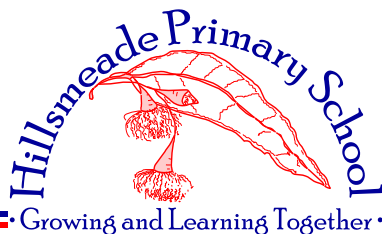
Berwick Indoor Sports Centre
68 Bemersyde Drive, Berwick, Victoria.
Tel: 8786 7892 / 0436 483 958
Email: berwickindoorsports@bigpond.com
www.berwickindoorsports.com

Sport Skills & Drills Fun



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

Advertise Here



ADVERTISE WITH US



Moonlit Sanctuary Keeper Club

Kids enjoy environmental activities, animal encounters and native animal care.
 Day includes: interactions with dingo, python, off-limits animals, feeding animals & food prep, animal enrichment activities.
 Learn about our animals, their conservation and the environment. For ages 7-14 years.

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
 10am – 4pm

Cost: \$70.00 per day, or \$189 for 3 days (pro rata for additional days).
 Maximum 16 children per day.

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



Sunday 24th September



DOVETON SHOW



Myuna Farm

10.00am - 4.00pm

**RIDES | FOOD | STALLS | SHOW BAGS
 SIDE SHOWS | COMPETITIONS
 FREE ENTERTAINMENT**

\$1 per person | \$5 per family (6 people)

Proudly supported by the City of Casey

South East Water   **Your Child** 
 in Casey & Cardinia

KARATE

Karate Classes
Free Karate Uniform!!
All Ages—Male and Female

FRIDAYS:
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
WWW.LIONBUSHIDO.COM

Tuesdays: Fountain Gate Prim. School Prospect Hill Drive Narre Warren	Saturdays: Dandenong Primary School Cnr. New St & Foster St Dandenong	TUESDAYS ALSO AT: Heary Park Primary School Buckingham Road Rowville	Mondays: Patterson Lakes Community Centre 54-70 Thompson Rd. Patterson Lakes
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Free Trial Class Phone 9887 4098
 Bookings available for Term 1 — 2017