

Wednesday, 20th September

Issue No 30

Items in this Link

Calendar Dates/Important info	Pg.1
Principal Comments	Pg.2-8
Footy Colours Day	Pg. 9
Hillsmeade Value /Peer Support	Pg.10
Grade 6 Camp	Pg.11-13
Lost Property/Canteen	Pg.14
Hillsmeade Clubs	Pg. 15
Link Advertising	Pg.16-17

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
31st October	Year 6 Photo
1st November	Science Expo
2nd November	Hoop Time - 3/4 Regional Final
9th November	Art Show ELC
14th November	Prep Transition 1st Session
15th November	Curriculum Day (No Students At School)
16th-17th November	Prep Woodwork Incursion
21st November	Art Expo Prep Transition 2nd Session

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 10 everyone. What a wonderful Term 3 we have had at Hillsmeade Primary School. Thank you to students, staff and parents for making Term 3 so wonderful. We have had an eventful term and are looking forward to an exciting Term 4.

Year 6 Camp

Congratulations all of the Year 6 students and staff that enjoyed the Canberra camp adventure. It was an action packed opportunity that our students really enjoyed. They were well behaved, respectful and courteous as reported from staff and tour guides. Well done Year 6's. Enjoy some photos and a student report further on in the link.

Year 5/6 Lightning Premiership

On Friday the 15th of September many of our Year 5/6 students represented our school at Lightning Premiership. The students represented our school with, passion, commitment and confidence. We wish all of the teams that won through to the next round good luck. Also a big thank you to all parents and family members that went along to support the teams.

Prep Open Morning

On Thursday the 14th of September the Prep classes opened the doors to welcome in visitors for the Literacy session. It was wonderful to see so many visitors in attendance enjoying a story and some writing with our wonderful Prep students. We have received some very positive parent feedback about this event and we will look for more opportunities throughout the year to open up the classrooms for visitors to strengthen our partnership with parents and families in the education journey.



Year 1 & Year 2 Expo

On Thursday the 14th of September the Year 1 and Year 2 classes opened their doors at 3pm to welcome guests to view their community projects. It was wonderful to see so many visitors viewing student work and asking thoughtful questions about their playground and community designs.

All Year 1 and Year 2 students should be proud of their creations. There was a lot of time, effort and planning that went into the wonderful group work.





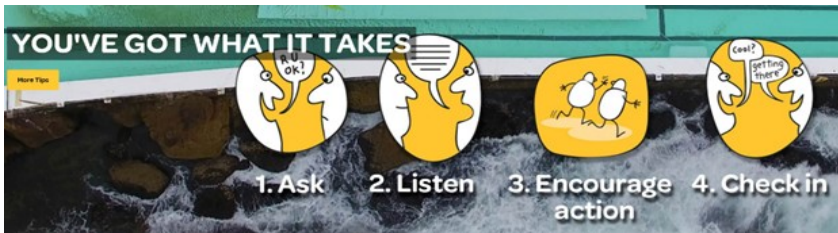
Portable removal and replacement

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. We have had a huge amount of work take place in a short time. Here are some photos of some of the work.



R U OK day

Last week we celebrated R U OK? Day. It was a wonderful event that reminded us how important it is to check in with people and ask R U OK? Making a point to ask others and being open about mental health helps to break down the stigmas and encourages those around us to seek help from others when needed.



R U OK staff breakfast

On Friday the 15th of September we recognised the wonderful contribution the staff at Hillsmeade make by hosting a staff breakfast. The breakfast was organised by our Staff mental health and wellbeing team. Thank you to Bonnie Arbuttle, Nicole Page, Toni Barker, Jess Szalek and Brent Rafferty for organising this for our staff. Also a big thank you to staff who assisted on the day.



Victorian State Schools Spectacular

Congratulations to Lisa Scott and all of the students who represented Hillsmeade Primary School so positively at the Victorian State School Spectacular over the weekend. I have heard wonderful reports on how our students performed whilst on stage, during rehearsal and whilst waiting for their time on stage. Their commitment, enthusiasm and hard work shone through with a faultless performance at Hisense Arena. Well done girls you were amazing! More to follow in the next edition of the link.

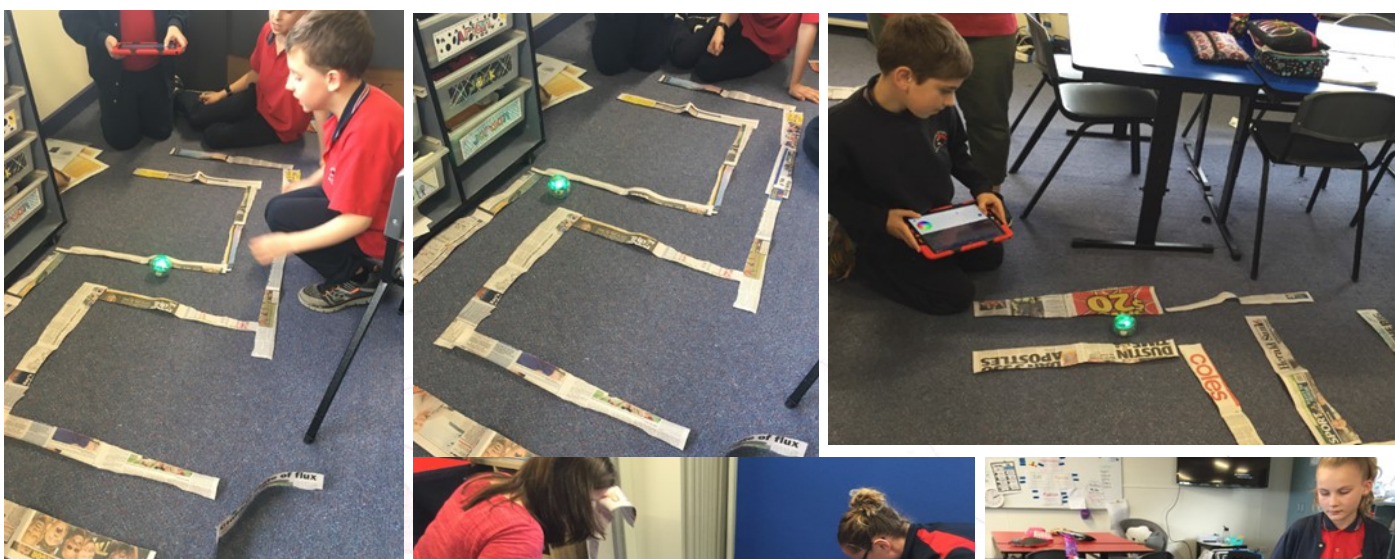
Keep your eye out for the broadcast of the show later in the year.



STEAM AGENCY

Our STEAM Agency is now running *full STEAM ahead* every Wednesday lunchtime with a group of excited students from years 4 and 5. So far we have been exploring SPRK+ Robotics through programming and coding Sphero's to navigate mazes. Research shows that a healthy STEAM approach in schools does not always have to be "technology-heavy" and that it is good to mix "old-fashioned making" with new and emerging ways of learning STEM content. With this in mind, the student challenge for this week will be to use their critical thinking and understanding of civil engineering to design and create the tallest newspaper tower that contains enough structural integrity to withstand a wind load.

Jess Szalek, Dimple Bhardwaj and Martine Ziino



Farewells

I would like to take this opportunity to publicly wish good luck and say thank you to some Hillsmeade staff who will be moving on to other schools for new adventures at the end of this term.

Julie Hale – our Business Manager.

We would like to say a huge thank you for her work and commitment to Hillsmeade Primary School. Good luck at your new school in Geelong. We hope that you enjoy the sea change.

Mandy Ryan – our Literacy Leading Teacher.

We would like to say thank you to Mandy Ryan who has led our improvements in Literacy over the last few years. We wish her the best on her next adventure as a Leading Teacher at Laburnam Primary School.

Matthew Moore – our Year 6 PLT Leader.

Today Mr Moore begins his role as Acting Principal at Ellinbank Primary School. We wish him the best of luck with this wonderful professional learning opportunity.

Emily Wahl – Prep Teacher.

We would like to wish Mrs Wahl all of our best wishes as she begins her maternity leave.

Welcome

Janelle Struth who will be teaching 6A.

Replacements for Prep D and Prep E will be announced very shortly.

Year 5 Taste Tester at Narre Warren South P-12 College

Yesterday the Grade 5 students jumped on the school bus and headed over to Narre Warren South P-12 College to experience a day in a life of secondary school. Our students were super excited to see what the **Taste Tester Day** was all about. Throughout the day, students put on their scientist caps, investigating how much weight balloons can hold and the power of friction, acted out some energetic dramatic scenes in drama, played soccer with robots, made pencil holders in plastics and became experts at making Protein Burst Balls in cooking.

All the students and teachers had an amazing time and would like to thank the Year 7 & 8 Ambassadors for being our guides during the day and Narre Warren South P-12 College and for allowing us to be a part of the fantastic experience. We can't wait for next year!

Toni Barker

Year 5 PLT Leader



Earn and Learn Sticker Reminder

As you know, our school has been participating in Woolworths Earn & Learn. The program has now finished for this year, so a big thanks to everyone who supported our school. We're now at the important stage of the program where the Sticker Sheets are collected and lodged as our Earn & Learn claim. We will then be able to get new educational equipment for our school. The more we collect, the more we can redeem. So this week, please send in your Woolworths Earn & Learn Sticker Sheets and any loose Earn & Learn stickers you may have. Remember to check your handbag, the car glove box or they maybe stuck on the fridge. Every little bit helps. Thanks again for all your support!



Reminders

A reminder that this Friday is the last day of term and we finish school at 2:30pm. Our whole school assembly will begin at 1:45pm in the gym. If you are available to attend we would love to see you there.

To all students, families and staff, please have a wonderful, restful and safe holidays.

Jodie Bray
Principal

FOOTY COLOURS DAY

SHOW YOUR TRUE COLOURS!

MORNING PARADE!

GOLD COIN DONATION

LONGEST KICK COMPETITION!

HILLSMEADE PRIMARY SCHOOL WELCOMES
FOOTY COLOURS DAY
THIS COMING FRIDAY, 22ND OF SEPTEMBER.

- * Since 2005, Fight Cancer Foundation has used funds raised through Footy Colours Day to help young learners continue with their education while they receive treatment for cancer.
- * Each year hundreds of thousands of Australians stand shoulder to shoulder to unite in the fight against cancer by wearing their team's colours with pride throughout September at their school, workplace or club.
- * Show your true colours and make a difference in the lives of kids and young people living with cancer - register your Footy Colours Day activity and you can find fundraising tips and ideas about how to make your event bigger than the grand final.



TEACHERS VS STUDENTS AFL MATCH!

HANDBALL COMPETITION!

DRESS IN YOUR TEAM COLOURS AND BRING A GOLD COIN DONATION TO HELP US 'FIGHT CANCER'.



FRIDAY 22nd
SEPTEMBER, 2017
(LAST DAY OF TERM 3)

HILLSMEADE VALUES



Teamwork

Teamwork requires children to work cooperatively with other children towards a purpose that they share.

Every member of a team has to respect each other's opinions and abilities in order for the team to work effectively.

Working as a team is very social, involving the exchanging of actions and ideas and a significant amount of interaction.

Being part of a team improves social, emotional and communication skills. It encourages competition but also teaches being fair, inclusive and a good team player. At school children practise teamwork by:

- Working in collaborative groups in class which requires listening, questioning, persuading, respecting, helping, sharing and participating
- Working with a partner
- Playing team games during physical education lessons and at playtimes
- Being part of a choir, production, band or sports team

T TOGETHER
E EVERYONE
A ACHIEVES
M MORE

Some ways you can get your child to practice teamwork at home:

- Think of your family as a team, encourage working together to achieve results. Someone cooks, someone sets the table, someone clears the table, someone cleans the dishes
- Enrol your child in team sports
- Play physical games and board games which require teamwork

Andrea Garwood – Classroom teacher

Peer Support

This week marks the end of the Peer Support program for 2017. The Peer Leaders have done an outstanding job running the modules on friendship for the yr5 students. Main messages to come out of the program are: talking and listening; sharing, helping and encouraging others; cooperating and playing in a friendly way and, welcoming others and joining different groups. The Leaders have shown great teamwork and organisational skills, each of them growing in confidence over the term. Well done everyone!



Grade 6 Camp

By Lukshan and Lui - 6A

On Monday the 11th of September, eighty-two Year Sixes departed Hillsmeade Primary School at 7:30am with six teachers yet to experience a 9 hour drive in two buses full of students.

For the next four days we had to wake up at 6:30am and go to sleep at 9:30pm at our accommodation for the week, Capital Country Holiday Park.

We went Mt. Ainslie where we saw the whole of Canberra, which looked amazing. After visiting Mt. Ainslie we went to the Canberra Capital exhibition centre, where we learnt about Walter Burley Griffin and his wife, Marion, who made and designed the bush capital. We also visited the Australian Institute of

Sport where we met a few athletes and saw some training. We all really enjoyed the interactive sports hall, where we got to ride in bike races, row in a race, as well as lay down on a luge and try to control it in a simulated downhill run. We were all puffed after the 45 minutes we had in there.

The main attractions we went to in Canberra were: Questacon (a huge science building with heaps of hands-on activities), Parliament House where we saw the House of Representatives (The Green Room) and the Senate (The Red Room), The High Court of Australia and The Royal Mint – where we minted our own \$1 coin.

Luckily for us Parliament house was in session for parliamentarians and we met Jason Wood who spoke to us before having a snack and a drink with us. Jason Wood is the Federal Member for La Trobe. When we went to Governor General's house we were spoken to by an air force lady who explained the role of the Governor General. We were extremely lucky to meet the Governor General, Sir Peter Cosgrove, there. It is very rare for him to be available to speak to students. He spoke to us some more before we had our photo taken with him out the front of the house.

The year sixes and their teachers had a wonderful time at the bush Capital.



Group photos





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:

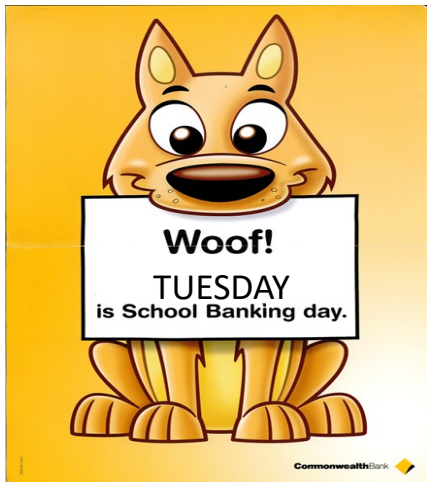
Wednesdays and Fridays

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.

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.

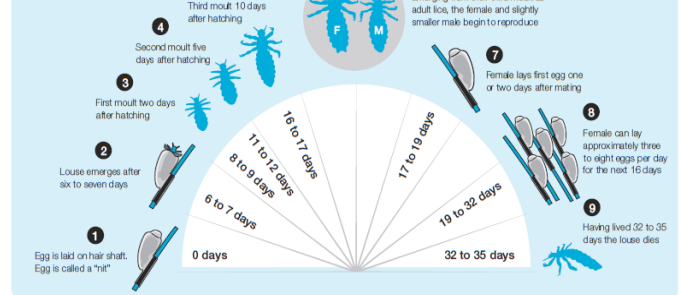
There is no need to treat the whole family - unless they also have head lice.

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 life cycle of head lice

Pediculus humanus capitis



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. (010013)

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

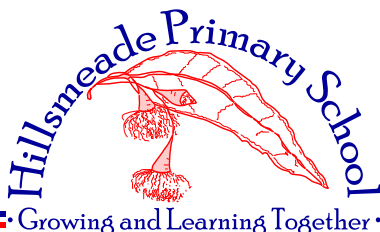
Sport Skills
& Drills Fun



To enrol or for more information visit
www.berwickindoorsports.com

or contact us through our contact information

Advertise Here



ADVERTISE WITH US



Mt. Morton
CAMP AND CONFERENCE CENTRE
Where the city meets the country.

Fairmont Ave,
Belgrave Heights, Vic 3160
Melways 84 D3
Ph. 9754 2896
Email - info@mtmorton.com.au
Web - www.mtmorton.com.au

School Holidays Fun

Activities Open Day

Friday October 6th from 10am till 3pm.

Come along and join in the activities, with **all** funds raised going to support local students volunteer work in Africa.

- Giant Swing
- Flying Fox
- Low Ropes & Initiative activities course.
- Bush Hut Building & Rock Climbing
- Inground Trampoline
- Basketball & Volleyball Crt's

Unlimited use of all activities.

- 1 Ticket = \$25-
- 2 x Tickets = \$40-
- 3 x Ticket's = \$50-
- Individual activities \$10- per turn.

Grab your family & friends and make a day of it.
Activities at this price will not be repeated usually \$15- per turn.

Web: www.mtmorton.com.au Email: info@mtmorton.com.au Phone: 03 9754 2896
Camp Address - Cnr of Mt Morton Rd & Fairmont Ave, Belgrave Heights, Vic. 3160.



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



KARATE

Sport
Fitness
Confidence
Self Defence
Discipline
Fun
Friendship

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: Heany Park Primary School Buckingham Road Rowville	Mondays: Patterson Lakes Community Centre 54-70 Thompson Rd. Patterson Lakes
---	---	--	--

Free Trial Class Phone 9887 4098

Bookings available for Term 1 — 2017