

**Wednesday, 18th October**

**Issue No 32**

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19th October	Athletics - Selected Students Year 6 Alkira Science Session
20th October	Whole School Elective Program
23rd October	5/6 Hoop time - Selected Students
24th October	School Tour 10am
27th October	HFC Walk-a-thon Event Assembly 2:45pm
31st October	Year 6 Photo
1st November	Science Expo 4:30-6pm
2nd November	Hoop Time - 3/4 Regional Final Year 6 Alkira Science Session
3rd November	Whole School Elective Program
7th November	Melbourne Cup (PUBLIC HOLIDAY) No students required at school
9th November	Year 6 Alkira Science Session
10th November	Assembly 2:45pm
14th November	Prep Transition 1st Session
15th November	Curriculum Day ( No Students At School )
16th-17th November	Prep Woodwork Incursion Year 6 Alkira Science Session 2018 BYOD Program parent Meeting– Year 5/6
21st November	Art Expo ELC Art Expo Prep Transition 2nd Session
24th November	Assembly 2:45pm
28th November	Prep Transition 3rd 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,

What a wonderful first week we had. Week 2 of term has started well, with the beautiful weather back. This an important time to remember our hats. All students are now expected to have a hat each day.

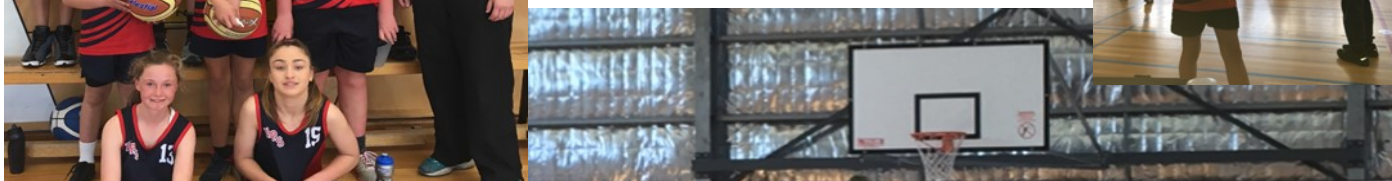
### Year 5/6 Girls Basketball

*On Friday the 13<sup>th</sup> of October, the interschool girls' basketball team played Divisional at Coral Park Primary. We travelled with Ms Szalek and Mr Chazbek with nerves and excitement to play Coral Park in our first game. All of us were pumped from the music in the car ride, nothing could get in the way of our team winning the first game with a score of 49 to 14.*

*Our second game was a bit more nerve racking because we were playing against Casey Grammar and going in knowing some of their players are quite advanced. It was a tough game but we managed to come through with the win. Our girls showed great teamwork and persistence.*

*We would like to thank Ms Szalek for being the best coach we could have and another big thanks to Mr Chazbek and Mrs Bray for being such good supporters and scorers.*

**Molly, Hailee & Charlotte 6C**



### SRC leading the way

This week our SRC leaders from Year 3 – 6 have been proactively surveying their classmates to find out some popular options for lunchtime activities to be trialled next week during Children's Week. It has been wonderful to see these leaders give up time during their lunchtimes to communicate and plan for exciting opportunities for our Hillsmeade students during next week.

A big thank you to Danielle McKelvie for coordinating this group of students. We look forward to sharing pictures and comments from the lunchtime activities in next week's link.



### **Brain Breaks**

**Brain Breaks** are short, energizing bursts of activity that boost blood flow, send oxygen to the **brain**, and help kids better retain information. Research has shown that **Brain Breaks** increase students' on-task behaviour AND the amount of physical activity **they** get every day so it's a win-win.

[www.realmomnutrition.com/brain-breaks/](http://www.realmomnutrition.com/brain-breaks/)

This week I had the opportunity to join 4A as they were learning a new brain break. It involved clapping, clicking and rhythm. Let's just say that I need a lot of practice.

<https://www.youtube.com/watch?v=QyuZlr0AY9U>



### **Professional Learning**

Last Wednesday, John Cardamone and I participated in professional learning focusing on neuroscience, with Andrew Fuller.

As the 'control tower', the brain is responsible for so many functions and demands. Developing teacher, student and parent / carer understanding of the brain can lead to huge positive impacts on student learning and wellbeing.



Throughout the day, we explored neuroscience and executive functioning, motivation, education, and memory & concentration. Some facts that 'stuck' with us, in particular, include;

\*Early experiences affect the physical construction of the brain which, in turn, affects brain function including; ability to focus, self-regulate, use and understand language and the executive functions, (planning, decision making and cognitive flexibility).

\*Our brains develop from bottom to top and left to right. Which is why younger children tend to react to situations based on their feelings and are able to process pictures before words.

\* Males and females are more different during early adolescence than at any other stage in life- girls dorsolateral prefrontal cortex develops earlier which enables them to weigh up decisions before acting, while males are still making decisions based on values and feelings.

\* Your mind copes better with dealing with troubling things when doing something physical, hence the inclination to take a walk after an argument or upsetting news.

\*Your motivation and focus lowers at a certain point in the day. This can be calculated by halving the duration of your sleep the previous night, then counting that number of hours from the time you went to sleep. For example. I slept from 11pm-6am. So, my duration of sleep =7 hours. Half of 7 is 3.5. If I start at 11pm and count forward 3 and a half hours, I come to 2:30. This means that 2:30PM is likely to be my least motivated and focused time during the day.

\*When setting goals with children, it is best to set a 'probability' goal. For example, achieving 3 goals out of 6 during basketball practice.

\*In relation to goal setting, Andrew says;

"Goals are good, systems are better".

If there are too many things to focus on – they do none of them.

Keep it simple.

Never miss twice (you can have one day off but you need a break down plan and catch up plan).

Andrew Fuller works with many schools and communities in Australia and internationally, specialising in the wellbeing of young people and their families. He is a Fellow of the Department of Psychiatry and the Department of Learning and Educational Development at the University of Melbourne.

You can find many resources for kids and carers at his website;

<http://andrewfuller.com.au/>

**Crystal Wells and John Cardamone**

## Humour

It is said that sense of **humour** is one of the most **important** human qualities. ... **Humour** helps you to release stress and to keep an optimistic attitude. When you feel anxious or sad, good laughter can lighten your mood. The positive feelings you get when laughing will increase energy for your brain and your body.

<https://www.hopespeak.com/blog/the-importance-of-sense-of-humor/>



Thanks to Carmen Collins and Grade 1F for sharing some great jokes with me this week as they began their learning about Humour.

Siddra - What did the egg say to the dinosaur? YOU'RE EGGSTINCT!

Mrs C - What did the farmer say to the cow on his roof? GET OFF!

What did the cow say back ? MOOOOO!

What did the farmer say to the cow on the roof with sunglasses on? NOTHING HE DIDN'T RECOGNISE HIM!

Harry - Why did the chicken cross the basketball court? BECAUSE HE HEARD THE REF CALL FOULS!

Mabel - Knock knock, Who's there? Interrupting cow... InterupMOOOOOO!

Hayah - Knock knock, Who's there? Boo... boo who? DON'T CRY!

Munroe - What do you call a boomerang that doesn't come back to you? A STICK!

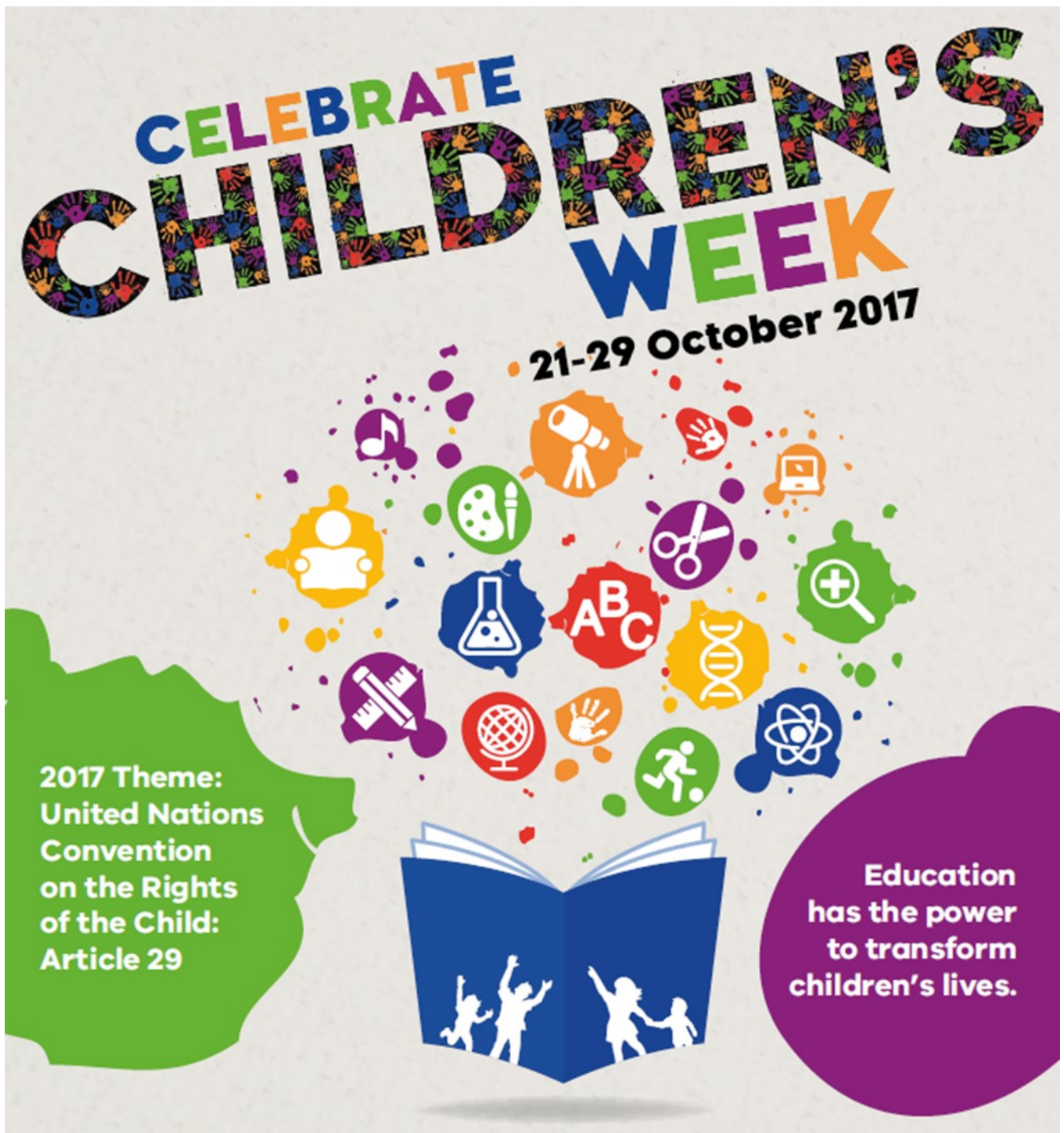
## STEAM AGENCY

Hillsmeade's STEAM Agency is continuing to BUILD up STEAM! Using a competitive edge, students in years 4 and 5 challenged each other to engineer the tallest freestanding newspaper tower. Students were asked to plan, design and construct their towers using critical thinking and logical reasoning. We witnessed different strategies while creating the tower's structural integrity including packing out the base and experimenting with the use of triangles. Students also demonstrated many of our I-RESPECT values during the challenge including enthusiasm,

persistence and teamwork to name a few. The winning team was able to build a tower that measured in at over two metres!

Jess Szalek, Martine Ziino and Dimple Bhardwaj





**Reminders**

A reminder that this Friday we have our whole school electives taking place. Have a great week.

Jodie Bray  
Principal

# THINK BIG DREAM BIG

The HFC is very proud to announce, along with our amazing supporter LJ Hooker Narre Warren South Casey Central, that an Air Conditioner has been purchased for our beautiful Art room.  
 Thank you also to our Principal Mrs Bray and Angela from the ELC for helping us make this happen.  
 Mrs Elliott (Art Room Teacher) is over the moon!!

All Walkathon slips have been sent home (last week). Our Weird and Wacky Walkathon is next Friday 27th October so remember to bring your costumes (not a free dress day).  
 If anyone would like to help volunteer on the day (we start from 9.30am till lunch time) please leave your name at the office or on this page. You can do an hour, 2 hours up to you, but you have to dress up and have a Working With Children's Check.

Last of all, Tuesday's at lunch time, the HFC will be selling in Term 4:  
 Zooper Doopers, Zings, Slushies and Tornadoes - all for the low cost of \$1 each. Thank you to our Team Leader May And her volunteers for making this happen. Last of all, a massive thank you to Eli, Ezri and the Casey family for your kind donation to our Christmas Raffle. It is very much appreciated.

Have a great week everyone.  
 Inez - HFC President 2017



<p><b>Metin Aziret</b>                  Director                  Licensed Estate Agent                    member</p> 	<p><b>LJ Hooker</b>                  Narre Warren South</p> <p>Shop 20, 400 Narre Warren-Cranbourne Rd                  PO Box 4145                  Narre Warren South VIC 3805                  m 0439 955 526                  t 03 8785 0377                  f 03 8785 0388                  e metin.aziret@ljhooker.com.au                  narrewarrensouth.ljhooker.com.au                  Mraz Real Estate Pty Ltd trading as                  LJ Hooker Narre Warren South                  ABN 69 163 524 400</p>
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Remember to LIKE our Hillsmeade Fundraising & Reminders Page on FACEBOOK



# Hand washing

Most infections, especially colds and gastroenteritis, are caught when we put our unwashed hands, which have germs on them, to our mouth. Some infections are caught when other people's dirty hands touch the food we eat. Hands and wrists should be washed with clean soap and water, using a brush if your fingernails are dirty. Dry your hands with something clean, such as paper towels or hot air dryers. You should always wash your hands:

- After using the toilet
- Before making or eating food
- After handling dogs or other animals
- If you have been around someone who is coughing or has a cold.



## **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.



## **Student Voice Report Children's Week**

Next week is Children's Week and to celebrate we are going to be holding lunchtime activities with the help from our SRC, School Captains, House Captains and Sports Captains. We have talked to the classes to see what kind of activities they wanted to do and with the long list we are going to make a timetable with the most popular choices.

We would like to thank the students who have made the time to plan this week and we hope to see all the students joining in.

Shayli SRC Captain

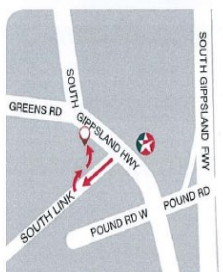
<http://www.childrensweek.org.au/>



**PSW**  
QUALITY APPAREL

UNIFORM PRICE LIST\*  
**HILLSMEADE  
PRIMARY SCHOOL**

## Your uniform is available at the **PSW store in HAMPTON PARK**



Unit 2, 10-12 South Link, Dandenong South VIC 3175

Phone: (03) 9768 0343

Enter the car park off South Link

**REGULAR TRADING HOURS\*\***

Mon to Fri: 9:00am - 5:00pm

Sat: 10:00am - 1:00pm

**EXTENDED TRADING HOURS\*\***

MON 8 NOV 2017 TO SAT 10 MAR 2018

Mon to Fri: 9:00am - 5:00pm

Sat: 9:00am - 4:00pm

[www.psw.com.au](http://www.psw.com.au) Save Time, Shop Online!



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ASK IN-  
STORE \*\*\*

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**facebook**



\*\*\*No new lay-bys in January. Lay-bys require a 20% deposit. Lay-bys available in-store only. Extended lay-by for 'Back to School 2018' must be placed between Mon 6th Nov and Sat 16 Dec 2017. Lay-bys must be paid for and picked-up by Sat 27 Jan 2018.

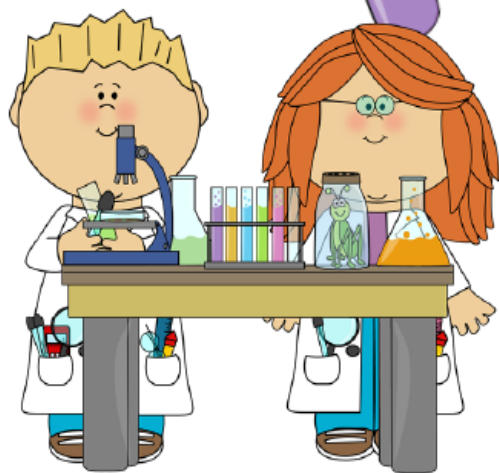
\*\*Store trading hours are subject to change, please refer to [www.psw.com.au](http://www.psw.com.au) for all store trading hours, holiday trading and public holiday information, or call the customer service team on (03) 9768 0333.

\*School Price Lists are subject to change throughout the year.

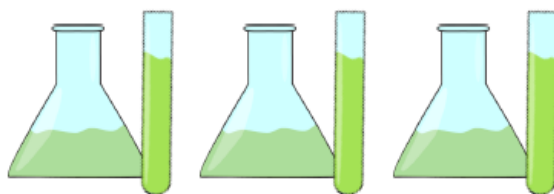


*The School Uniform Specialists*

# SCIENCE



# EXPO



**Wednesday 1st November**

Experiments in the main building

between 4.30-5.00pm

**REMEMBER TO  
dress UP!**

*View displays and family  
demonstrations in the Hall  
between 5pm-6pm*



**Don't forget your gold  
coin donation!**





# SCHOOL BANKING COMPETITION

Don't forget all school bankers who make 3 or more deposits between 14th August-10th November 2017 are automatically entered into the draw to win a High Tech Prize.

In order to be in the running to win a Game Master Prize (Nintendo Switch) you must:

1. Make 3 more deposits between 14th August-10th November 2017

It's time to bring the 3D Dollarmites and the future world to life with the new Future Savers app – and enter an exciting competition for the chance to win a Game Master Prize. You can download the Future Savers app from the App Store or Google Play from **Monday 16 October 2017**.



## Experience the magic of augmented reality

The Future Savers app features augmented reality, letting you explore the future world, play games and learn about money with the Dollarmites in 3D. Are you ready to bring hover basketball into your room? To snap pictures of colourful butterflies all around you? How about fly a drone through a futuristic city?

## How to download and play the Future Savers app

1. Download the Future Savers app on a smartphone or tablet running iOS or Android (search Future Savers in the App Store or Google Play) – available from **Monday 16 October 2017**.
2. Open the Future Savers app and follow the instructions to point your device's camera at your Dollarmites deposit book. A new \$5 note works too. This will trigger the augmented reality.
3. Start playing the first game – games 2 and 3 will be unlocked on the two following Mondays.



**Game 1 - Butterfly Snaps**  
(16 Oct)



**Game 2 - Drone Rescue**  
(23 Oct)



**Game 3 - Hover Basketball**  
(30 Oct)

## How to enter the competition

After you play all three games in the Future Savers app, go to [commbank.com.au/futuregames](http://commbank.com.au/futuregames) to complete the Game Master Prize online entry form, answering the three Future Savers game questions, by **Friday 10 November 2017**. To be in the running you also need to make three or more School Banking deposits during the competition period (14 August 2017 – 10 November 2017). This will automatically give you a chance to win one of the High Tech Prizes as well – including racing robots, activity trackers and 3D pens.

2. Download the Future Savers app from 16th October 2017 on a smartphone or tablet running iOS or Android, and play all 3 games (unlocked weekly on 16th, 23rd & 30th October)
3. Complete the online entry form between 30th October – 10th November

Good Luck and  
Happy Banking



**Commonwealth**Bank





Welcome to

# Book Club



Issue 7 of Book Club is now available. This is the 2<sup>nd</sup> last issue for the year. With this in mind, now is a good time to think about Christmas.

Book Club is a great place for parents to get extra gifts this Christmas.

Issue 7 has an exclusive Bonus Book offer for parents who order and pay via LOOP. Parents who have registered for LOOP could have the opportunity to earn up to three Bonus Books with their Issue 7 order.

There are some great bargains in this issue, including lots of Christmas books. My favourite is The Jolly Christmas Postman. There is even a Gold Coin Book (\$1) available.

Don't forget that if you would like the books for gifts, LOOP has a gift option, and if you send your order to school, please write a note, including your name and phone number and attach it to the order form. It will be held at the office for your collection.

If you would like to purchase some books from this issue, there are 2 options.

**1. LOOP This is the preferred option.** (Linked Online Ordering & Payment system. [www.scholastic.com.au/LOOP](http://www.scholastic.com.au/LOOP)) You can now order and pay for your Book Club online. You must know your child's grade and teacher name to be able to use this option. You do not send anything to school. The order will be delivered to school. There is also a gift option on LOOP now.

**2. Cheque made payable to Scholastic Australia or cash (which must be the correct amount).**

IT IS VERY IMPORTANT THAT THE STUDENT'S FULL NAME AND GRADE IS WRITTEN ON THE TOP OF EVERY ORDER FORM. ORDERS WILL NOT BE PROCESSED IF THERE IS NO NAME ON THE ORDER FORM.

Fill out the order form, with the child's name and grade on the top and put it in an envelope along with the **CORRECT MONEY** (cash or cheque) and mark the envelope BOOK CLUB with the child's name and grade as well. Please **do not** include any monies for other fundraising or school events in this envelope.

**BOOK CLUB ORDERS ARE DUE BACK ON TUESDAY, OCTOBER 24TH. NO LATE ORDERS WILL BE TAKEN.**

*For your information, it takes approximately 2 weeks, after the order has been sent to Scholastic, (in Sydney), for the books to be delivered*

 SCHOLASTIC

## Book Club LOOP for Parents

LOOP is the Scholastic Book Club  
Linked Online Ordering & Payment platform for parents.

To order and pay for Scholastic Book Club by credit card visit:

[www.scholastic.com.au/LOOP](http://www.scholastic.com.au/LOOP)



# Flu (influenza)

The flu is a highly contagious viral infection that can cause severe illness and life-threatening complications, including pneumonia. The flu is spread by contact with fluids from coughs and sneezes.

It is estimated that flu contributes to over 3,000 deaths in Australia each year.

The "swine flu" virus – also known as influenza A (H1N1) – emerged in 2009 and caused the first influenza pandemic in more than 40 years. However, it is now a regular human flu virus that continues to circulate seasonally worldwide. The current seasonal influenza vaccine has been designed to include protection against the swine flu virus.

## Do I have the flu?

The most common symptoms of the flu are:

- sudden appearance of a high fever (38 °C or more)
- a dry cough
- body aches (especially in the head, lower back and legs)
- feeling extremely weak and tired (and not wanting to get out of bed).

Other symptoms can be:

- chills
- aching behind the eyes
- loss of appetite
- sore throat
- runny or stuffy nose.

Having the flu is even more likely if you have been in contact with someone who already has it, or have had some other type of exposure such as overseas travel to areas where flu outbreaks are occurring.

Whether you have the flu or another kind of virus can only be confirmed by a doctor after a nose or throat swab has returned positive results. The treatment is similar for any 'flu-like' illness, but a diagnosis is useful in helping health officials track disease patterns and frequency and will be required where complications have developed.

## What to expect with the flu

Symptoms of the flu hit very quickly and may last for several weeks. A bout of the flu typically follows this pattern:

- Days 1–3: Sudden appearance of fever, headache, muscle pain and weakness, dry cough, sore throat and sometimes a stuffy nose.
- Day 4: Fever and muscle aches decrease. Hoarse, dry or sore throat, cough and possible mild chest discomfort become more noticeable. You may feel tired or flat.
- Day 8: Symptoms decrease. Cough and tiredness may last one to two weeks or more.

## What about flu complications?

In some cases of the flu, severe illness and complications such as pneumonia and bronchitis can develop, which can result in hospitalisation and even death. The flu can also make some existing medical conditions worse.

Some people are at higher risk of severe complications associated with the flu. They include:

- pregnant women
  - people aged over 65
  - Aboriginal and Torres Strait Islander people
  - children younger than five, particularly those younger than two years of age
  - people with chronic medical conditions.
- Annual immunisation against the [flu](#) is recommended for these people, many of whom are eligible for free flu vaccination each year (in autumn) under the National Immunisation Program.

The vaccine is not 100 per cent effective but it does provide a high level of protection and can reduce symptoms in those still getting sick.

Anyone in these at-risk groups with flu-like symptoms should see their doctor as soon as possible.

## I think I have the flu – should I see a doctor?

Most people who are generally healthy won't need to see their doctor for the flu. Their immune system will fight the infection and their symptoms will usually clear up on their own.

If you think you have the flu, try to rest, maintain a good fluid intake, and manage your symptoms. This will help you recover and prevent dehydration.

See your doctor if you are concerned, and seek **immediate medical attention** if you experience any of the following symptoms:

- difficulty breathing

- chest pain
- sudden dizziness
- confusion
- severe vomiting
- fever with a rash.

## How can I avoid giving the flu to other people?

Most (otherwise healthy) adults will be able to infect other people up to seven days after becoming sick, so the best way to avoid spreading the flu is to stay at home while you are unwell. In particular, avoid going to work or school or visiting busy public places. Avoid sharing linens, eating utensils and dishes.

Perform good cough etiquette at all times. This includes coughing into a tissue and disposing of it immediately, or coughing into your sleeve.

Good hand hygiene is also important. Wash your hands regularly using soap and water, particularly if you cough into your hands.

## What medications should I take for the flu?

The flu is a viral infection so **antibiotics won't help at all** and should not be taken.

Antiviral medications, if started in the first two days after your symptoms start, can shorten the length of your illness. These will need to be prescribed by your doctor.

Decongestants and simple pain relievers can help you feel better while your body's immune system fights off the infection.

Follow these tips for buying over-the-counter medication for the flu:

- Buy a remedy that treats only one symptom; this way you are not taking in substances that you do not need, or that may trigger an adverse reaction.
- Read the label to check:– whether the active ingredient treats your symptoms– any possible side effects of the medication– any possible interactions the medication may have with any other medications you are taking, including over-the-counter, prescription, and alternative medicines (for example, herbal medicines)– if the medication is safe for you to take with any other health conditions you have.
- If you are unsure if a medication is suitable for you to take, or if you have any other questions, talk to your doctor or pharmacist. They can suggest a medication that is appropriate and safe for you to take.

## Looking after yourself when you have the flu

The best things you can do to look after yourself when you have the flu are:

- Rest – you will probably feel very weak and tired until your temperature returns to normal (about three days), and resting will provide comfort and allow your body to use its energy to fight the infection
- Stay at home – stay away from work or school and avoid contact with others as much as possible while the infection is contagious. The period during which adults are contagious is usually around 3–5 days from when the first symptoms appear, and up to 7 days in younger children.
- Drink plenty of fluids – extra fluids are needed to replace those lost because of the fever (through sweating). If your urine is dark, you need to drink more. Try to drink a glass of fluids, such as water, every hour while you are awake.

## Other useful tips for flu recovery

Other useful flu recovery tips include:

- Take simple pain-relieving medication such as paracetamol or ibuprofen, as directed on the packet, to ease muscle pain and bring down your fever (unless your doctor says otherwise).

Do not give any medications that contain aspirin to children under 18 years of age with flu. The combination of the flu and aspirin in children has been known to cause [Reye's syndrome](#)– a very serious condition affecting the nervous system and liver.

- Antibiotics are not effective against the flu because the flu is a virus, and antibiotics fight bacteria. However, your doctor may prescribe them if you develop a bacterial infection on top of your flu.

- Gargle with a glass of warm water to ease a sore throat. Sucking on sugar-free lollies or lozenges also helps.

- A hot water bottle or heating pad may help relieve muscle pain. A warm bath may also be soothing.

- Use saline nose drops or spray to help soothe or clear a stuffy nose. These decongestants help shrink swollen blood vessels in the nose. Talk to your doctor or pharmacist about which medication will be the best one for you.

- Do not smoke – this will irritate your damaged airways.

- Try warm, moist air inhalation. Boil a kettle and put the water in a bowl on a table. Put your head over the bowl with a towel over your head and inhale the warm air for up to 20 minutes. Don't put anything in the water.

- Ask for help if you live alone, are a single parent, or are responsible for the care of someone who is frail or disabled. You may need to call someone to help you until you are feeling better.

- Remember, if you buy medicine at the pharmacy to treat your symptoms (over-the-counter medications), check with the pharmacist to see if it is the best one for you. Mention if you have a chronic illness or are taking any other medication.

# Hillsmeade Heroes



Joshua Kang  
Eli Casey  
Stefan Galonja  
Brody Goodall  
Nancy-Ela Alo  
Selena Aratangi  
Cody Scott  
Aadi Rajesh  
Mahdya Hassani  
Zachariah Alter  
Isabelle Fleming  
Cameron Thickens  
Tilly Chambers

Lachlan Ryan  
Tayla Naidoo  
Eliana Sidiqi  
Scott Robinson  
Ahmad Abuusba  
Caleb Spence  
Ben Shafik  
Evelyn Park  
Ali Saedi  
Mia Lincoln  
Mark Shields  
Prabhjyot Kaur  
Connor Fraser

Milla Nittoli  
Mason Curry  
Ashlee Winder  
Ezekiel Mulipola  
Lida Nabizadah  
Emily Vella  
Jacob Alter  
Castiel White  
Layan Anabtawi  
Emily Berry

2017 Term 4

## Canteen Specials

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

CLOSED TUESDAYS

Preferred Payment Method



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 Specials

Aussie Pie or Sausage Roll & Drink	\$4.00
Caesar Wrap, Frozen fruit & Drink	\$6.00
** Add Chicken**	\$1.00
Chicken Strip Wrap & Drink	\$6.00

### Monday / Wednesday Specials

3 Fried or Steamed Dim Sims & Drink	\$3.50
Pizza or Pasta And a Drink	\$6.00
Chicken or Ham & Salad Roll & Drink	\$6.00

\$1.50



NEW

### 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).



## 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

**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

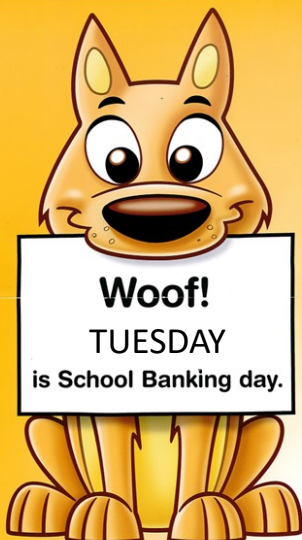
#### Where The Library

**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.



CommonwealthBank

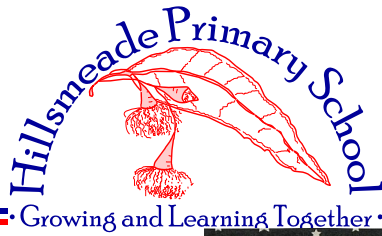
We ask parents not to bring dogs onto the school grounds before 4:30pm during school days. There have been a growing number of dogs being brought onto school grounds

during school hours and there have been reports of students being harassed and injured as a result of contact with dogs.

**NO DOGS ALLOWED**



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