



The Link

Hillsmeade Primary School Newsletter

Issue No 17—Wed 13th JUNE

TERM 2
2018



WHO? WHAT? WHEN?



MON

TUE

WED

THUR

FRI

<p>11th JUNE</p> <p><u>PUBLIC HOLIDAY—</u> <u>Queen's birthday</u></p> <p>Last day to register for 'How to Build Resilience' Workshop</p>	<p>12th JUNE</p> <p>Gr 3 Prime Science 9:00AM-2:30PM</p> <p>Gr 4 Start Smart Banking Incursion</p>	<p>13th JUNE</p>	<p>14th JUNE</p> <p>ICAS Writing test 11:30AM-12:30PM</p>	<p>15th JUNE</p> <p><u>CSEF application cut off date</u></p> <p>Inter School Sports Week 9 9:00AM-10:30AM</p> <p>SCHOOL ASSEMBLY 2:45PM</p>
<p>18th JUNE</p>	<p>19th JUNE</p> <p>School Council Meeting 7:00PM</p>	<p>20th JUNE</p>	<p>21st JUNE</p> <p>VSSS18 Regional Rehearsal 8:30AM-2:30PM</p> <p>Regional Cross Country 9:00AM-2:00PM</p> <p>Building Resilience Workshop 6:30PM</p>	<p>22nd JUNE</p> <p>Lightning Premiership WEEK 10</p>

THE FULL CALENDAR AND DETAILED EVENT INFORMATION IS AVAILABLE TO VIEW VIA THE COMPASS APP OR WEBSITE

FROM THE PRINCIPAL



Dear Parents / Guardians,

Happy Week 9. We hope that all families enjoyed a nice long weekend, and managed to keep warm. We have had another exciting week at Hillsmeade. A reminder that reports will be available at the end of term via COMPASS.

Year 3 and 4 '3 on 3 Basketball Competition'

Last week some very excited Year 3 and Year 4 students participated in a wonderful '3 on 3' basketball competition. Well done to the Year 6 student leaders who coordinated and led this activity for our students. It was so wonderful to see students participating, supporting and cheering on others. Well done to all students who participated.



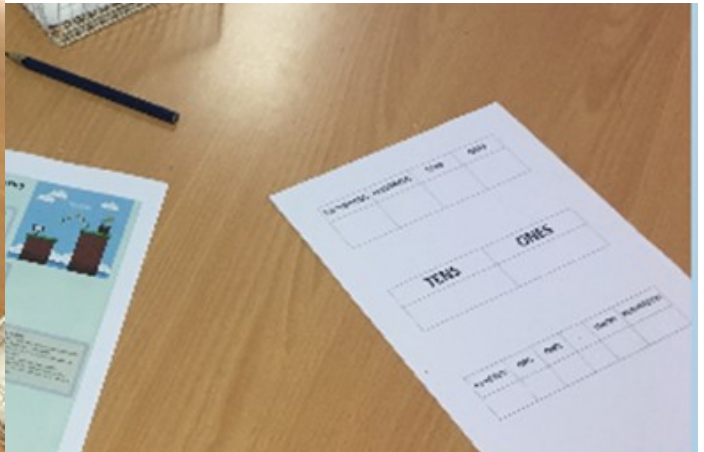
Teamwork

FROM THE PRINCIPAL



Teachers as learners

It has been great to see staff actively involved in professional learning at recess and lunchtime through engagement in maths games. We are looking forward to having a Maths games night as a community event in Term 3.



Casey Teenage School Holiday Program – Winter 2018

The Casey Teenage School Holiday Program is for teenagers aged 10 – 17. The upcoming Teenage School Holiday Program will run from Monday 2nd July – Friday 13 July 2018, with a range of activities including a day at Imax and Melbourne Museum, Clip 'n Climb, Task Works and the Aquarium. Transportation to and from the program is available at designated pick up and drop off points throughout Cranbourne, Narre Warren, Hampton Park, Endeavour Hills and Doveton. For more information or to book please contact City of Casey Customer Service on 9705 5200.

Week One (2 – 6 July 2018)

Bookings close Wednesday 27 June 2018 (Unless booked out prior)

Monday 2 July

[Imax and Melbourne Museum](#)

Tuesday 3 July

[MasterChef Cooking Class](#)

Wednesday 4 July

[Swimming at MSAC](#)

Thursday 5 July

[Market Day](#)

Friday 6 July

[Manga Workshop at Narre Warren Youth Information Centre](#)

Week Two (9 – 13 July 2018)

Bookings close Wednesday 4 July 2018 (Unless booked out prior)

Monday 9 July

[Task Works](#)

Tuesday 10 July

[Clip 'n Climb](#)

Wednesday 11 July

[Aquarium](#)

Thursday 12 July

[Rollerblading](#)

Friday 13 July

[Crafternoon at Narre Warren Youth Information Centre](#)

Families can access further information using the following link <https://www.casey.vic.gov.au/community-services/youth-services/youth-events>

FROM THE PRINCIPAL

Year 6 Maths

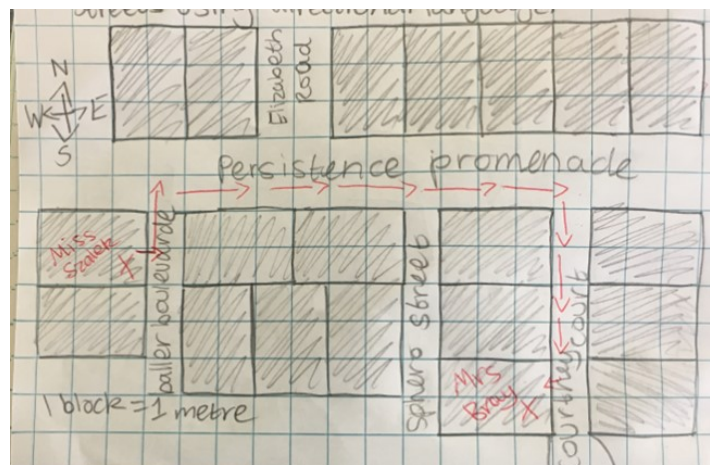
Last week I had the opportunity to visit some Year 6 classes participating in great Maths / Technology learning. It was wonderful to hear the students articulate what they were learning about and how the use of technology supported the learning. Great work Year 6's.

"Today we used Sphero robots to navigate around the streets that we made with our houses. For this session we used Ipad to control them, we could change the colour and adjust the speed. We got to navigate the robots and then at the end we had a race. Today I learnt how to code and navigate the robots which helped me move to understand how to navigate better. We collaborated with 6B!"

-Gr 6 Student work

"Today in maths we went into 6B and used the spare robotics. We used our houses/dream houses for the streets on 6 Ballers floor. Also we spoke in directional language to help the person with the Ipad to control the Sphero robot like turn left, do a U-turn and more. It was a great experience for us to learn our directions."

- Grade 6 Student Work



FROM MR CARDAMONE

Good afternoon Hillsmeade community,

I hope the week is going well. Last week we looked at having a healthy headspace. This week we will look at, 'what is anxiety in children?'. As parents/carers its imperative that we have some understanding what it is and what we can do moving forward to support our young people. The below article is from headspace <https://headspace.org.au> and you can find more information there.

"What Is Anxiety In Children?"

Fear is an emotion we have in response to real or perceived threat, whereas anxiety is the anticipation of a future threat. It is common to experience anxiety when faced with stressful situations. This is normal and it's our body's way of preparing us to act in difficult situations. Anxiety can actually help us perform better by helping us feel alert and motivated.

People experiencing an anxiety disorder find that their anxiety gets in the way of their daily life and stops them from achieving their full potential. Anxiety disorders are one of the most common mental health problems experienced by young people. They are characterised by excessive fear and related difficulties that happen a lot of the time, feel overwhelming and interfere with daily life. Different situations or objects can cause different types of anxiety disorder, but they can all be treated.

What are the symptoms of anxiety?

Physical symptoms of anxiety can include:

- A racing heart
- Faster breathing
- Feeling tense or having aches (especially neck, shoulders and back)
- Sweating or feeling dizzy
- Shaking
- Butterflies

Other symptoms of anxiety might also involve:

- Persistent worrying and excessive fears
- Being unable to control the worries
- Being unable to relax
- Avoiding challenging situations
- Being socially isolated or withdrawn
- Having trouble concentrating and paying attention
- Feeling annoyed, irritated or restless
- Poor sleep
- Problems with work, social or family life

What can I do if I am concerned about my young person?

Let them know your concerns: If you suspect your young person may be experiencing anxiety, it is important to let them know that you are aware of the changes you have noticed in them. Let them know that you are concerned and give them the opportunity to talk to you about it.

Listen to them: Take the time to listen to them and to understand their experiences. Check that you have understood them by asking questions. Avoid telling them to 'just relax' or 'calm down' – it's not that easy. Reassure the young person they are not alone and let them know they can talk to you about what's going on.

Offer support: Gently support and encourage them to face the situations or objects that make them anxious in their own time. Avoidance can perpetuate the anxiety because the young person never has an opportunity to learn that what they are afraid of may not happen or be as bad as they think. Encourage them to try some of our ways to overcome anxiety, and try to model healthy ways

FROM MR CARDAMONE

of managing your own anxiety and share these with your young person, as appropriate.

Practise patience: *If the young person denies there is a problem, try to be patient. Some people need time or space before they feel ready to accept help. Be honest about why you are worried and tell them that you care for them. If they are not ready to talk, let them know you'd like to check in again soon if you're still concerned. Ensure the young person knows you love and care for them and that they can speak to you anytime about how they're feeling (it's always helpful to remind people you love them).*

Learn more: *Learning more about anxiety will help you to understand what your young person is going through and how you can help to support them."*

Looking after yourself: *Supporting a young person experiencing anxiety can be challenging. It is important that you take care of yourself, while being a supportive carer. Being at your best means that you can offer greater patience and a more considered approach as to how you can help others.*

Ensure that you take care of your own physical and mental health by getting good sleep, doing regular exercise, having a healthy diet, limiting alcohol consumption and keeping up enjoyable and relaxing activities. Looking after yourself in these ways will also encourage your young person to do the same.

Remember, professional support is available for both you and your young person. For more advice and guidance on how you can best support your young person, visit the websites below or contact **headspace** and talk to one of our family and friends specialists.

Please let me know if you would like any more information or support with this. Thank you.

John Cardamone

Acting Leading Teacher
Social and Emotional Learning



FROM THE SCHOOL COMMUNITY

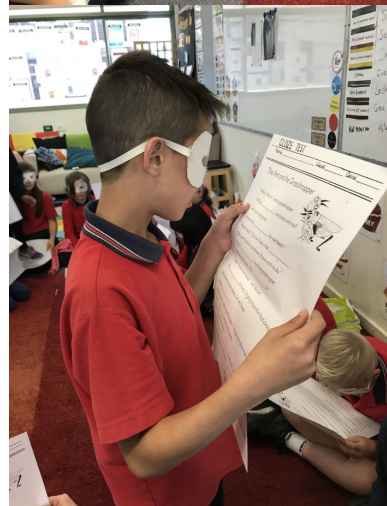
This week Sam (one of our Gr 3 students) and his visiting teacher Robert, led a presentation to Sam's class to help them understand what daily life is like with a vision impairment.

Below are quotes from some of the students in that class.

"When I was wearing the vision goggles, it was difficult to see because it was blurry. It was a good opportunity." - Nadja

"I enjoyed the PowerPoint and doing the colouring, but I found it difficult seeing through the goggles." - Blake

"I think that the goggle idea was really cool, but it was very hard to see. Now I know how Sam can see things. Wearing the goggles was so fun! The hardest bit was reading - I saw nothing!" - Anastasia



Congratulations to our

MANDARIN AWARD

Recipients



Congratulations to the following students who have received a Mandarin award certificate for enthusiastically participating in every Mandarin lesson and reflecting the Hillsmeade 'I RESPECT' values.

Zoe E (3B)

Skyler S (3B)

Jacob K (3B)

Samuel M (4E)

Eve K (3B)

Lachlan C (3B)

Zye B (3B)

Mia B (4E)

Lara N (3B)

Bianca C (3B)

Kiara S (3B)

Tomas (4E)

Maddison C
(4E)

Zahra H (4E)

Zarah A (4B)

Philip I (4B)

Chloe A (4E)

Shae L (4B)

Mia A (4B)

Tom N (6D)



ATTENTION ALL STUDENTS WHO LIKE TO READ. WE ARE NOW INTRODUCING A:

Lunch Time Reading Club!

Join us every Tuesday, from 1.45 to 2.15pm.

You can choose books from the library or bring your own favourite book to read.



*We look forward to seeing you!
Mrs Herres & Mrs Thomas*

KEEP
CALM
AND
READ
ON

Lunch Time
Book Club



GRADE ONE POLICE INCUSRION



“Today Constable Jess and Amy visited our school. They told us how police help the community. I saw their guns and police badges. My favourite part was sitting in the police car and hearing the sirens.” - Grace 1A



DIVISIONAL CROSS COUNTRY



A MESSAGE FROM SICKBAY

Chickenpox (varicella) is a highly contagious viral disease caused by the varicella-zoster virus (VZV). The main symptom is a blistering, itchy skin rash. Outbreaks are more common in winter and early spring. Children and adults can be immunised against chickenpox.

Children with chickenpox should not go to school, kindergarten or childcare until the last blister has dried. Tell your child's school, kindergarten or childcare if your child has chickenpox, as other children may need to be immunised or treated.

For most healthy people, chickenpox is mild and the person recovers fully without specific treatment. Complications do occur in approximately one per cent of cases. Chickenpox is more severe in adults and in anyone (of any age) with impaired immunity. Immunisation is the best way to prevent chickenpox.

We have had a confirmed case of chicken pox

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 and vagina.

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.

<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/chickenpox>



Our lost property is looking full! Please remember to put your child's name and grade on any items they bring to school so we can ensure they are returned to them if they go missing.

FROM THE SCHOOL COMMUNITY

Applications for CSEF Prep Winter Warmer Uniform Package are now open.

To be eligible to receive the package the student must be a Camps, Sports and Excursion Fund (CSEF) recipient, generally families who hold a concession card. If the student does not have CSEF, they can register in 2018 when applications open, and your school will need to place an application for the CSEF Prep Uniform Package. To find out more about CSEF and the Winter Package go to www.education.vic.gov.au/csef.

Please contact the office if you would like to sign up for the package or for CSEF.

CSEF ELIGIBILITY – APPLICATIONS CLOSE JUNE 15th

On the first day of term one (29 January 2018) or the first day of term two (18 April 2018), a parent or legal guardian of a student must:

- be an eligible beneficiary of one of these cards: Veterans Affairs Gold Card Centrelink Health Care Card Pensioner Concession Card
- **OR** they must be a temporary foster parent
- **OR** the student is 16 years or older and holds a valid concession card (such as a Youth Allowance Health Care Card)
- **AND** the parent or legal guardian must submit an application by the due date.

Parents who receive a carer allowance on behalf of a child, or any other benefit or allowance not income tested by Centrelink, are not eligible for the CSEF unless they also comply with the above.

Eligibility will be determined when the parent's concession card successfully validates with Centrelink on either the first day of term one or term two.

If the eligible card is in the name of the student, the fund is only granted to that student, not their siblings.



CANTEEN

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

CLOSED TUESDAYS

Clearly write Name and Grade and **whether you have paid via QKR** 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

Tomato Soup and Toasted Cheese \$4.00

6 Chicken Nuggets, Brownie and Drink \$6.00

Monday/Wednesday Specials

3 Fried or Steamed Dim Sims & Drink \$3.50

Pizza or Pasta and a Drink \$6.00

Tomato Soup, Roll and Brownie \$3.00

Home made soup, Roll and Brownie \$4.00

Tomato and Toasted Cheese Sandwich \$4.00

Hot Roast Chicken Roll, Brownie & Drink \$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).

In our effort to become more environmentally friendly , straws will now only be given out upon request

Hillsmeade Primary School

Semester 1 Reports



As of this semester, student reports will be available via Compass and will not be printed by the school. We are very excited to be sharing student reports using Compass on June 28th.

If you are yet to sign up to Compass, please do so in readiness for reports. If you need help in doing so, please see our friendly staff in the school office.

HILLSMEADE PRIMARY SCHOOL PROUDLY PRESENTS

**THE AMAZING
ADVENTURES OF
SUPERSTAN**

FEATURING GRADES 4,5 & 6!

**THURSDAY AUGUST 9TH
7 PM**

**BUNJIL PLACE
NARRE WARREN**



TICKET DETAILS TO FOLLOW...

COMMUNITY NOTICEBOARD



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.

Winter 2018 school holiday dates:

- Week 1: Mon 2nd Tue 3rd Thu 5th Fri 6th July
- Week 2: Mon 9th Tue 10th Thu 12th Fri 13th July
- 10am-4pm

Cost: \$80.00 per day, or \$220 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



PARENTS BUILDING SOLUTIONS

For parents, step-parents, grandparents & carers
of children aged 3 - 12 years



Join us in an interactive program to share experiences and ideas, and learn strategies to support your child

ARE YOU TIRED OF YELLING?

How to get kids to listen, without having to yell

DEALING WITH ANGER

Helping parents, and kids, deal with anger and frustration

RESPONDING TO BEHAVIOUR

Better understand why children behave the way they do

STRATEGIES THAT WORK

How can parenting be easier and more fun!

DATES: Tuesday evenings for 6-weeks
7th August to 11th September

TIME: 6.30pm – 8.45pm

WHERE: TurningPoint Church
Meeting Room
1785 South Gippsland Hwy
(opposite Devon Road)
Cranbourne East

COST: FREE – Bookings Essential
Refreshments provided

BOOKINGS AND ENQUIRIES:

Sandra Phillips at ParentZone
03 5945 2000 or call/text 0447 500 355
sandra.phillips@anglicarevic.org.au



03 5945 2000
anglicarevic.org.au

BETTER
TOMORROWS

COMMUNITY NOTICEBOARD

Lunar Drive In

115 SOUTH GIPPSLAND HWY, DANDENONG. 9706 9988

Disney PIXAR **INCREIBLES 2** JUNE 14 CTC

HOTEL TRANSYLVANIA 3 JUNE 28 CTC

SHOW DOGS JULY 5 PG

ANT-MAN AND THE WASP JULY 5 CTC

MAMMA MIA! HERE WE GO AGAIN JULY 19 CTC

Maya the Bee: THE HONEY GAMES COMING SOON CTC

ALL CARLOADS ONLY \$25* EVERY MONDAY, TUESDAY & WEDNESDAY (per movie) 451027

ALL CARLOADS ONLY \$30 PER MOVIE THURS-SUN 451027

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

If you would like to place an advertisement in the newsletter please see the friendly office team.

Your uniform will be available from the 3RD JULY at the **PSW STORE IN OFFICER**



407 Princes Highway, Officer VIC 3809

Phone: 03 9768 0382

REGULAR TRADING HOURS**

Tue to Fri: 9:00am-5:00pm
Sat: 10:00am - 1:00pm

EXTENDED TRADING HOURS**
WED 7 NOV 2018 TO SAT 09 MAR 2019

Mon to Fri: 9:00am - 5:00pm
Sat: 9:00am - 1:00pm

www.psw.com.au Save Time, Shop Online!



***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 2019' must be placed between Mon 5th Nov and Fri 21st Dec 2018. Lay-bys must be paid for and picked-up by Sat 26 Jan 2019.
** Store trading hours are subject to change, please refer to 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.

