

For your calendar: The first day of school for students in 2019 is Thursday the 31st of JAN



The Link

Hillsmeade Primary School Newsletter

Issue No 27—WED 5th SEPT

TERM 3
2018



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

WHO? WHAT? WHEN?

MON	TUE	WED	THUR	FRI
3rd SEPT Year 6 Canberra Camp Experience	4th SEPT Year 6 Canberra Camp Experience Grade 3 'Science Discovery Dome' (sessions run throughout the day)	5th SEPT Year 6 Canberra Camp Experience	6th SEPT Year 6 Canberra Camp Experience	7th SEPT Year 6 Canberra Camp Experience Whole School Assembly in the Gym 2:45PM
10th SEPT	11th SEPT Maths Games Night 5:00PM-7:00PM	12th SEPT Hoop time 3/4 8:45AM-2:00PM	13th SEPT	14th SEPT Summer Lightning Prem 9:00AM-2:45PM Electives



UPCOMING EVENTS

Final payment for 3/4 Hoop Time is due

by:

WEDNESDAY 5TH SEPT

MIDNIGHT



<u>EVENT</u>	<u>CONSENT/PAYMENT DUE</u>	<u>EVENT DATE</u>
Alexandra Adventure Camp - Grade 4	31/5/2018 (CLOSED)	Wednesday, October 24 - 09:00 AM— Friday, October 26 - 03:30 PM
Grade 2- Camp Manyung	31/08/2018 (CLOSED)	Monday, December 17 - 09:00 AM— Tuesday, December 18 - 03:30 PM
Hoop Time (Basketball) Grade 3/4	05/09/2018	Wednesday, September 12 - 08:45 AM— 03:00PM
Summer Lightening Prem	07/09/2018	Friday, September 14 - 09:00 AM—02:45 PM

* NOW ACCEPTING PREP 2019 ENROLMENTS*

Please see the office team for a 2019 Prep enrolment pack. Prospective families are welcome to attend our next school tour on Thursday 23rd OCTOBER departing from the front office at 10AM.



FROM THE PRINCIPAL



Dear Parents and Guardians,

Happy Week 8 everyone. Term 3 is flying by and we are well underway with planning for Term 4. This week has been another busy week at Hillsmeade Primary School. Below are a few things that have happened over the last week.

Father's Day Stall

A big well done to our Father's Day Stall volunteers. It was wonderful to see our student leaders leading the way and engaging so positively with the students to support them in their present purchase. The leaders gave the "shoppers" a spiel about the great items on offer and were a wonderful support for the event. A big thank you to Meagan Straughair for coordinating this event and to our community. A big well done and thank you to our amazing student leaders: Georgia, Gemma, Suwieneetha, Milani, Kobe, Jazmine, Abbie, Jack W, Jack H, Logan, Ricky, Levi, Mitchell, Cameron, Arya, Scarlett, Aleisha, Lucy, Taylor and Kira.

And a BIG THANK YOU to our parent volunteers: Brooke Gniel, Gill Mouette, Geoff Shields, May Watts, and Natalie Hale.



Fathers and Friends Morning

Thank you to all of the dads, grandparents and special friends that attended Friday's breakfast. Despite the weather, the turnout was great. It was wonderful to see our large Hillsmeade Community celebrating together. A big thank you to Sarah Smith for her wonderful organisation of another fantastic community event. We hope that all the dad's and guests had a wonderful time in celebration of Father's Day.



FROM THE PRINCIPAL

Hillsmeade Happenings

Congratulations to our student leaders, who continue to work hard each week to put together our Hillsmeade Happenings episode. It is so wonderful to see the Year 6 leaders engaging so positively with the Hillsmeade community. Also, a big thank you to Rush Rajaram for putting it all together. Great work!



Building and Investigating

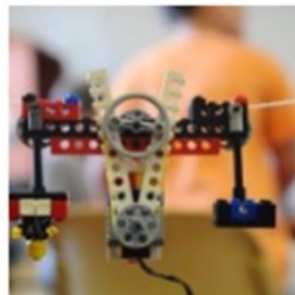
- ✓ Amusement park rides
- ✓ Aircraft
- ✓ Transportation vehicles
- ✓ Cranes
- ✓ Elevators

STEAM UPDATE

This Wednesday our STEM GEMS are looking forward to a *Lego incursion* from the *Young Engineers*.

They will be building and investigating the Ferris wheel using motorised Lego bricks to understand the basic STEM principles.

This is a great opportunity that we look forward to incorporating across the school throughout 2019.



FROM THE PRINCIPAL

Casey District Maths Games Day

On Tuesday the 4th of September a group of Hillsmeade students ventured off to Maramba Primary School to represent our school in a day of Maths Challenges as part of Literacy and Numeracy Week. The students participated well and upheld our school values positively. A big thank you to Sarah Smith for coordinating this wonderful opportunity. Well done Ethyn K, Jaden O, Keshav S and Rony X.



My team was the first team to ever participate in the Casey District Maths Games at Maramba Primary. My team members we Ethyn, Rory and Jaden. My favourite game was '24.' It's a hard game to explain but I liked it because it was teaching me how to think outside of the box. The hardest challenge was tangrams because it was something I wasn't used to. I enjoyed the day and I hope to do it again.

Keshav – 5B

My friends and I represented Hillsmeade Primary School in the Casey District Maths Games Day. A highlight was playing a game called '24' against another school and we won. It was my favourite game and so much fun! The hardest part was the tangram challenge, it was so hard. My team members were Jaden, Rony and Keshav.

Ethyn – 5C

On Tuesday 4th September, we had the chance to go to the Casey District Maths Games Day at Maramba Primary School. It was a lot of fun as we versed 24 other teams. The highlight was learning a game called 'Reversi.' It was like Checkers and we each won four times against other schools. The tangrams were really hard and we struggled to do it. We had great fun and we played fair, though we did not finish 1st, 2nd or 3rd.

Jaden – 5B

Jaden, Ethyn, Keshav and I went to the Casey District Maths Games Day to represent our school. We played tangrams and made some things with shapes. We also learnt a problem solving game called '24'. I won a number quiz competition and received a \$10 voucher! We had a really fun day.

Rony – 5D

TERM 3 PARENT TEACHER INTERVIEWS

Term 3 Parent Teacher Interviews will be held after school, from 3:45pm until 6:30pm, on the 17th, 18th & 19th of September.

These are an excellent opportunity for teachers, parents and students to meet to reflect upon and celebrate the growth students have made in their learning.

Interviews are scheduled in 10 minute intervals. If you require a longer meeting, please contact your child's teacher to discuss how this may be accommodated.

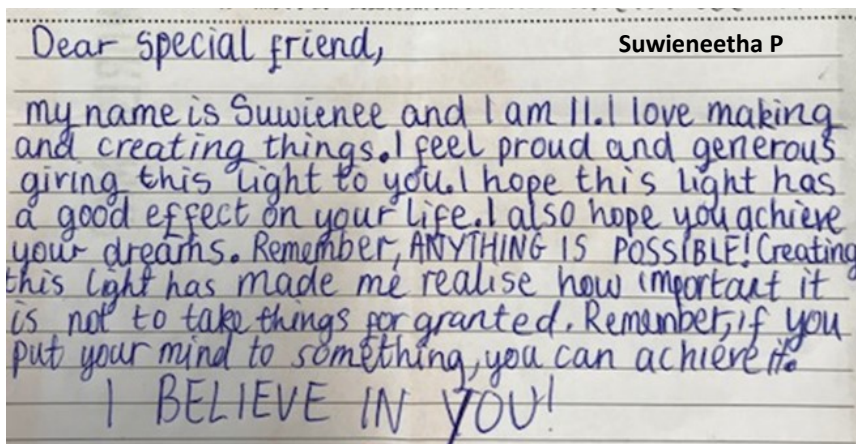
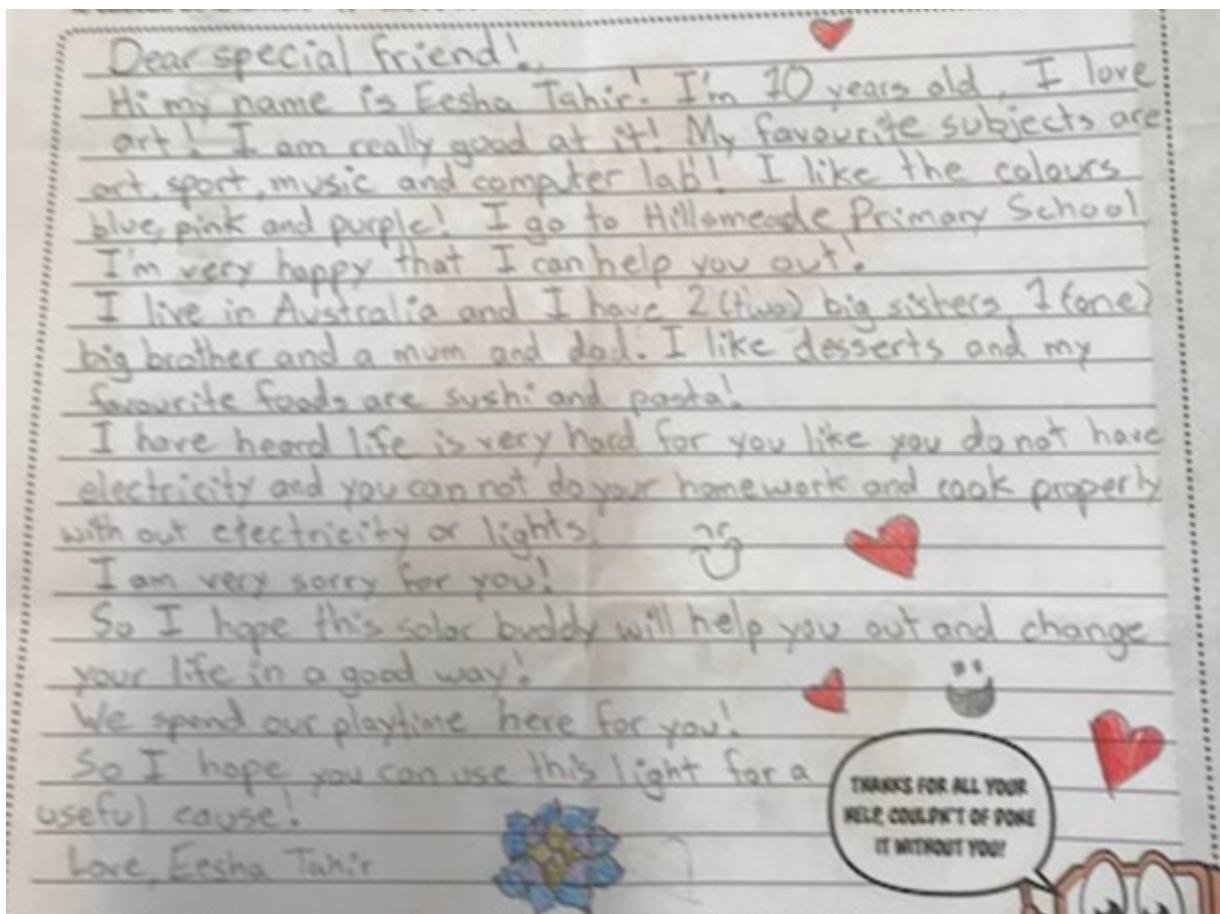
All interviews will be held in the main building. A map to direct you to the correct classroom will be available in the main office from Monday, 17th September.

The screenshots illustrate the following steps in the booking process:

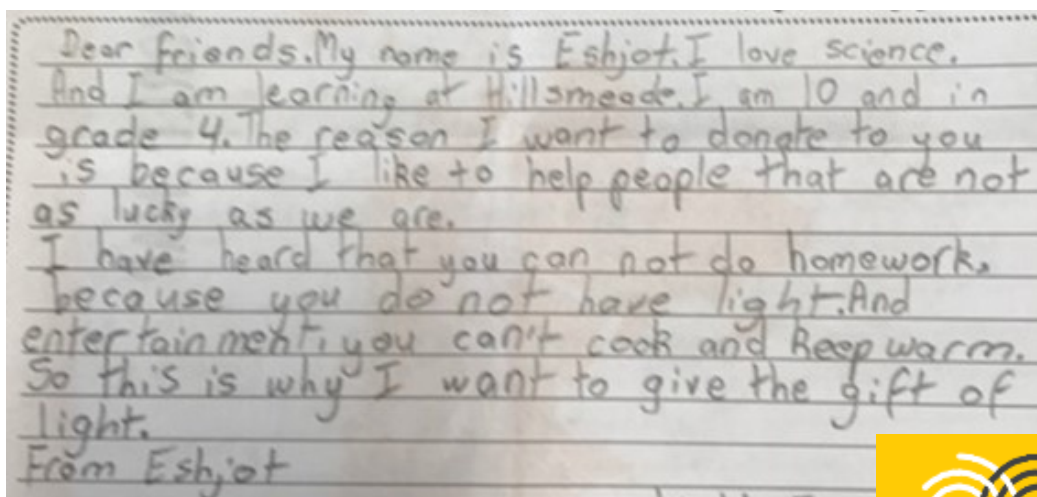
- Home Screen:** The user navigates to the 'Conferences' section from the main menu.
- Conferences Overview:** The user views the 'Term 3 Parent Teacher Interviews' section, which includes a welcome message and a right-pointing arrow to access more details.
- Teacher Selection:** The user selects a teacher from a list (e.g., Alison ELLIOTT, Yuan Yuan LIU, Lisa SCOTT, Katherine POLLOCK, Dimple BHARDWAJ) and chooses a booking category (e.g., 'General').
- Time Slot Selection:** The user views a calendar for Monday, September 17, and selects a specific time slot (e.g., 04:45 PM).
- Confirmation:** A dialog box appears with the following details: Reason: General, Student: Kiara SZALEK, Time: Mon 17/09 06:05 PM, Staff Member: Dimple BHARDWAJ. The user clicks 'Confirm Booking'.

FROM THE PRINCIPAL

Eesha T

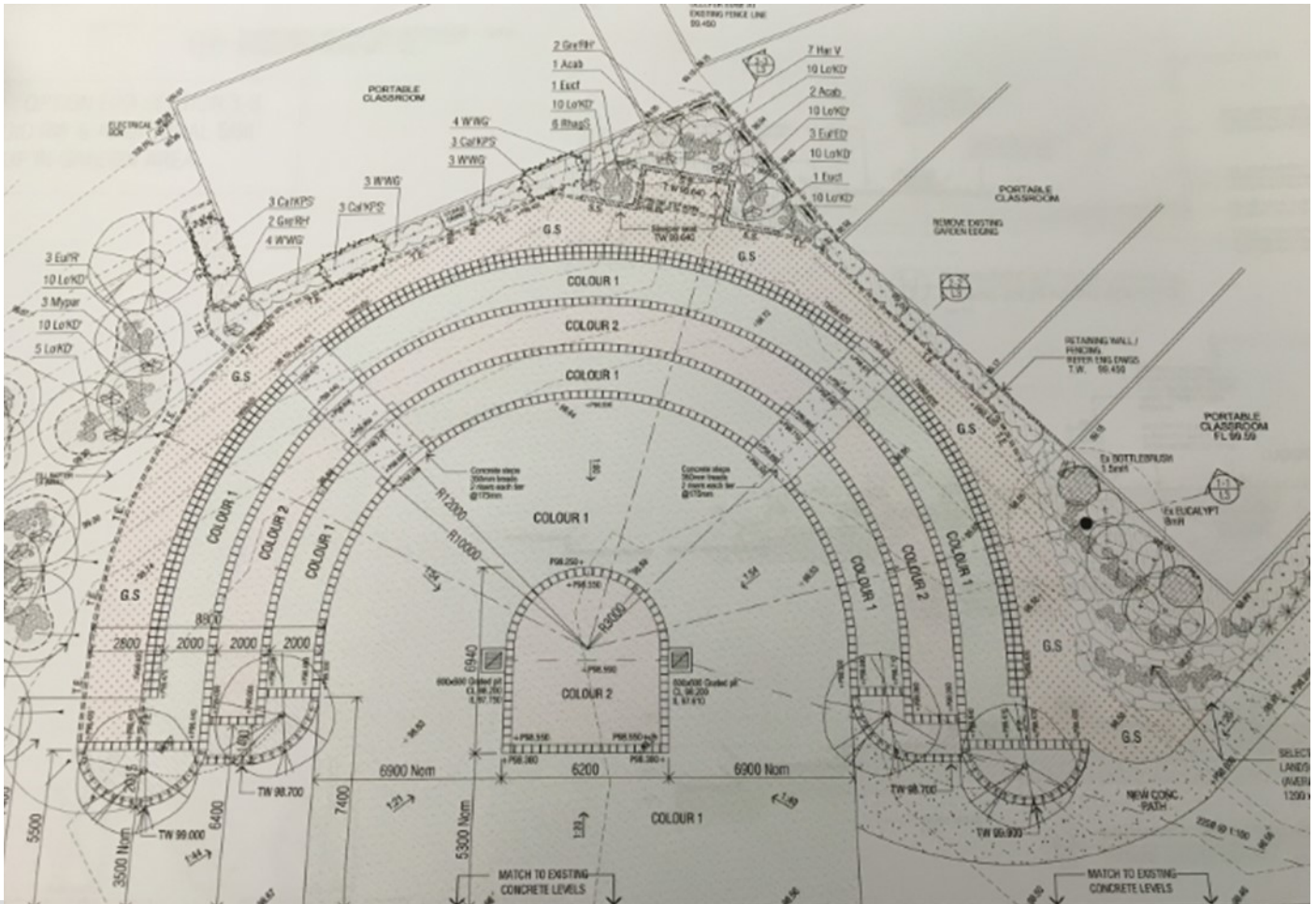
Solar Buddies

Our STEAM agents have been hard at work putting together the solar buddies lights in preparation for delivery. Please take the time to read the wonderful notes that our students have included as part of the project.



SOLARBUDDY

FROM THE PRINCIPAL



Amphitheatre

We are very excited to see the Hillsmeade amphitheatre planning coming along. This is a very exciting new addition to our school which will be taking shape over the next few months. This will provide an outdoor seating and viewing space for our beautiful synthetic oval. Please have a look at the plans below. A big thank you to Crystal Wells for coordinating this exciting project for our school.

Effort

As Mr Cardamone discusses in the link this week, self-reflection is an important part of goal setting and goal achievement. With this in mind I have been reflecting on the importance of effort and hard work. It is an interesting time of the year, with AFL football finals (go Cats), domestic and representative basketball finals, representative basketball selection trials and various other sporting team celebrations and events. I have been reflecting on my own local football results, with this year missing out on the grand final. It has already got me thinking of ways to improve personally and for the team as a group.

I think some good questions to ask ourselves are:

- “How do we support each other to work hard at the right things?”
- “Where do we place the value on effort?”
- “Do we communicate with others about effort and hardwork?”

Strength and growth come only through continuous effort and struggle.

Napoleon Hill



FROM THE PRINCIPAL

EARLY CHILDHOOD EDUCATORS DAY



Happy Early Childhood Educators Day to our important staff at the Hillsmeade Early Learning Centre. The hard work of our ELC staff is appreciated, today and every day.



Q: What do you call a snake that's 3.14 meters long?



A: A π thon

Literacy and Numeracy Week

This week is Literacy and Numeracy week, however we will be celebrating next week due to Year 6 Camp. Next week we are very excited to have a Maths Games Night on Tuesday the 11th of September. Tuesday will also be a Numeracy Dress Up day. We look forward to seeing some awesome outfits at school for the day (no uniform required).

MATHS GAMES NIGHT!

and Numeracy Dress Up Day!

Come to school dressed in your best maths themed costume!

Tuesday 11th September

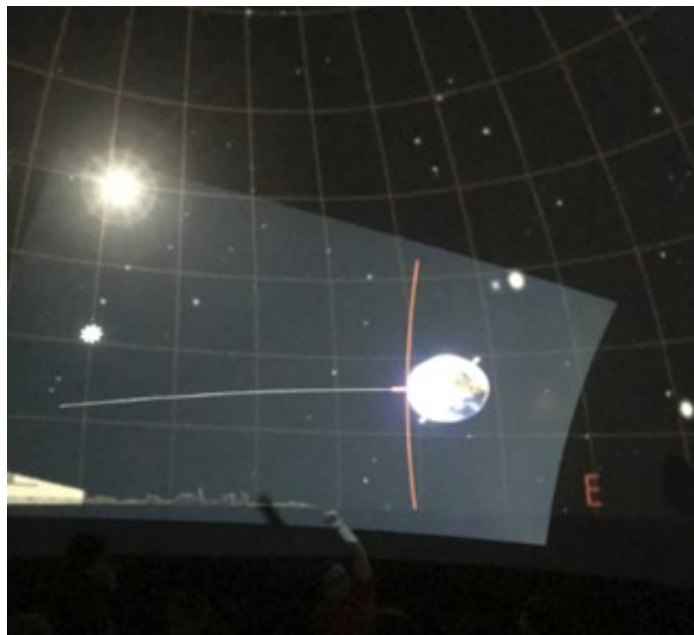
4:30pm - 5:30pm

FROM THE SCHOOL COMMUNITY

Year 3 Incursion

On Tuesday the 4th of September, the Grade 3 students went on an incursion called 'The Science Dome'. The dome was big and dark and we had a lot of fun. We were impressed by how much 'Nick', the man who was teaching us, knew about the Solar System. We learned about how a leap year is formed and why the moon is out during the day. Nick showed us how the moon goes around the Earth. It felt like magic when the stars lit up at the top of the dome. I think Nick used the projector to make the screen in the dome. It looked like the dome never ended and when the asteroids came out, they looked like they were going to hit us. They actually weren't. It was fascinating when the stars twinkled and I would definitely recommend this incursion to other schools.

Hayley E and Jasman S (3C).



Discovery Dome

When I went inside it was so cool. We got to lie down and watch videos and stars. We were learning about the Earth, Moon and ~~the~~ Sun.

By Lara 3B

We learnt about sun, Moon and Earth. We learnt how the Earth turns around the Sun.

I enjoyed how we had to look up and Nick tells us how the planets and how the Earth moves around the Sun and the Moon goes around the Sun.

By Sid / 3B



FROM MR CARDAMONE

Good afternoon Hillsmeade community,

I hope the week has been great.

Remember to vote for Pick my Project. You can now vote at the front office!

Parent workshop

In the link there will be a brochure to sign up for the parent workshop at Hillsmeade, we are very excited about this and can't wait to present with our community.

Just wanted to say a big thank you to Jane Bown for sharing her story with our community in the link last week. It is a very important reminder that it's critical that we always use our seat belts, even on short trips. Again a big thank you to the Bown family.

Over the past month we have focused on lots of different things, sleep, diet, exercise, stress management and work life balance. If there is one thing I believe we can always improve on, it is to reflect.

Reflection is very powerful when done on a regular basis. At Hillsmeade we consistently reflect on our practice and how we can improve our practice, in fact most work places will reflect on their productivity levels, KPI's, celebrations, challenges etc. While this is fantastic, I strongly believe self-reflection from a personal point of view is just as important or you could say more important.

Ask yourself when was the last time I have self-reflected on my personal life? Family life? My achievements? Friends? Goals? Etc.

Research says, that self-reflection on a regular basis can promote positive thinking and can shift our mindset. Self-reflection creates self-awareness of what's happening around us, to make greater sense of things, to challenge our thoughts, to recognise change and track our progress and to increase self-awareness.

There are a few of ways to do self-reflection:

- Journal writing
- Self-talk
- 'Walk and talk' (where going for a walk helps simulate self-reflection)

Another way to do this is with your family. Yes, this would not be a 'self-reflection', however role modelling your self-reflecting in front of your children is a great way to promote this.

Just sharing what your goals are, what you want to improve on can be an important way to show our children that self-reflection can be very powerful.

If you would like more information on this, please do not hesitate to contact me.

John Cardamone

Leading Teacher in Social and Emotional Learning



"We do not learn from experience...we learn from reflecting on experience."

- John Dewey



Hillsmeade Primary School is very excited to present our next parent workshop. This workshop will be presented by John Cardamone (Leading Teacher Social & Emotional Learning) and Crystal Wells (Acting Assistant Principal Wellbeing).

What: 'Self- Regulation'.

When: 20th of September 6:30pm – 7:30pm

Where: Hillsmeade Primary School staffroom

Why:

Expressing our emotions is so important for us as people. At times it can be difficult. It is vital for the young people in our lives that we are able to support them in understanding what self-regulation is and how they can learn to regulate their emotions.

One of the priorities in Hillsmeade Primary School's 2018 Annual Implementation Plan is 'to improve student wellbeing'. This goal is in line with the Education State target to develop 'Happy, healthy and resilient kids.' We believe that, through continued partnership between school and home, we can achieve this together.

Cost: NO COST

Asking, 'Are you OK?'

RU OK? seeks to create a world where we're all connected. We're never too young to look out for one another and meaningfully connect.

RU OK? have produced a comprehensive and curriculum aligned K-6 package for schools to introduce and emphasise the value of close connections and strong relationships. Being able to meaningfully support someone and strengthening peer-to-peer support skills should begin in the early years of a child's life through teaching them to look after themselves and their peers.



<https://www.youtube.com/watch?v=09qk0IXTfi4>

A range of circumstances can lead to a child feeling low, including:

- Big life changes like moving house or school
- Experiencing grief or loss
- Being around people going through tough times
- Being bullied
- Arguing with someone
- Problems with school work
- Being bored
- Having a medical condition or chronic illness
- Not sleeping well
- Not exercising enough
- Hormonal changes
- Special needs

Be aware of certain behaviours and signs that can indicate a child might be struggling. The first thing to look out for is changes in behaviour. When people feel low, they often:

- Withdraw from their friends or their family
- Lash out at people and get angry or upset really easily, including towards the people they care about
- Cry or become emotional
- Lose interest in activities and things they usually love
- Have changed sleeping patterns. They might be sleeping all the time, not sleeping much at all, or sleeping at strange hours (such as in the middle of the day)
- Have a changed appetite. They could be eating more than usual, or less.

Children cannot be expected to fix someone's problems, nor know the best way to help and support. However they can be encouraged to listen to what their friend is saying, let them know they care and tell a teacher, school counsellor or trusted adult if they are worried about their friend.

By promoting an environment of positive peer support and accessing support channels via an adult, children can learn that asking, 'Are you OK?' is a key life skill.

RU OK? has 4 Conversation Steps to help navigate a conversation when someone says, "No, I'm not OK". These steps are:

- 1 Ask**
- 2 Listen**
- 3 Encourage action**
- 4 Check in**

Useful contacts when a child is not OK:

- School counsellor
- GP or psychologist
- Kids Helpline on 1800 55 1800
- Lifeline on 13 1114
- '000' if life is in imminent danger

<https://www.ruok.org.au/education>





1. Ask



2. Listen



3. Encourage
action



4. Check in

☺ You've got what it takes ☺

Ask
R U OK?

or something like this:
"How you travelling?"

No, I'm not OK.

Dig a bit deeper:

"What's been happening?"

"How long has that
been the case?"

"I'm ready to listen
if you want to talk."

Yes, I'm fine.

But your gut says
they're not:

"It's just that you don't seem
your old self lately."

"I'm always here if
you want to chat."

"Is there someone else
you'd rather talk to?"

Listen; don't judge

Encourage action and offer support:

"How can I help?"

"What would help take the pressure off?"

"What do you enjoy doing? Making time for that can really help."

"Have you thought about seeing a professional?"

Make time to check in:

"Let's chat again next week."

Visit ruok.org.au for more tips

R U OK?TM

YEAR 6 CANBERRA CAMP

Year 6 Camp

This week our Year 6's headed off for camp. It was an early start on Monday morning, with some students and staff eagerly arriving at 6:45am ready to set off for Canberra. Next week we will have a more informative piece on all of their adventures. But here are a few photos so far of what they have been doing.



YEAR 6 CANBERRA CAMP

Our Year 6 students are undertaking an education tour of the national capital this week. Students have been given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy. They have visited Government House, Parliament house and had a tour of the Senate and House of Representatives.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of \$30 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion.

This is an exciting and memorable experience for both students and teachers. We can't wait to share about it with you next week.

A reminder to parents that we are expected back to school at 5pm Friday night.

Please remember to see your child's teacher to sign them out before leaving the school.

Ms Toni Barker

Day 2 was filled with excitement! My cabin and I woke up at 5 am to get ready for the big day ahead. The year 6's left the cabin park at 7:30 am and headed for government house. When we got there, we all saw where the Governor General lives. We talked about his roles as a leader and took a tour of his house.

Afterwards, we went to the massive Parliament House. We saw the house of representatives and the Senate debating rooms. Thanks to all of our learning this term at school, we were able to impress our teachers and tour guides when answering their questions

Next, we all went to the War Memorial. We roamed around gallery displays, saw the big wall of poppies at the Honour Wall and saw objects from World War 1 and 2. We have been able to leave with respect and appreciation for the ANZACs.

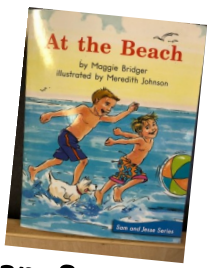
Lastly we all went to mount Ainslie lookout. We could see all of Canberra. It looked so beautiful.

I was so happy and worn out at the same time from all of the walking around. I am so grateful to be able to have an amazing experience like this. I will treasure these memories forever.

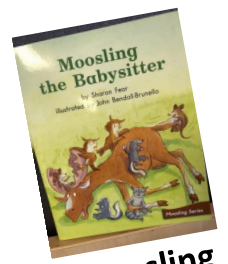
- Scarlett G 6B



Literacy Lab



Sam & Jesse

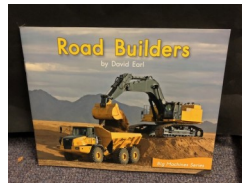


Moosling

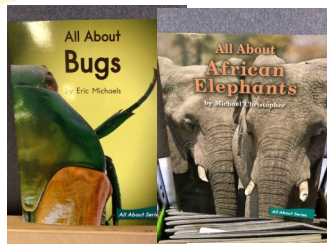
Students read a variety of texts in the Literacy Lab, covering many different topics. Some of the books we read are part of a series, which enables students to become familiar with characters or ideas. These are just some of the series that students have been reading.



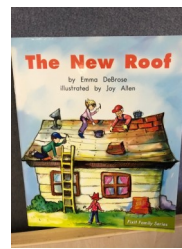
Orson & Taco



Big Machines



All About....



The Fixit



Meli & Ron

I ♥
READING

Early Bird
Reading Club
(and lunchtime club!)

What's happening?

Room change:

Due to the Lamont Book Fair being held in the library in weeks 9 and 10, reading club will be held in Mrs Thomas' classroom (10S, next to the office)

Days and times:

We will continue to run on **Monday** and **Thursday** mornings at **8:15am** and **Tuesday** lunch time in week 9. Followed by Thursday morning at **8:15am** and **Tuesday** lunchtime in week 10.

The only session you will miss is **Monday week 10** as teachers have a professional speaker presenting for staff.

READ ALOUD:

THURSDAY 13TH AUGUST 8:15AM - 8:45AM

Come along to the library with your favourite book and Mrs Herres and Mrs Thomas will take turns to read them aloud to the group.

Or, you might like to read aloud to a group too!

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



Victorian State School Spectacular Tickets for this year's Victorian State School Spectacular are on sale now.

The Victorian School Spectacular takes place on Saturday 15 September at Hisense Arena. This year's theme is 'With the Beat'. With only a short time until the big night, intensive rehearsals are underway for more than 3000 students from over 200 government schools across Victoria. The 2018 production will feature a 74-piece or-chestra, 1300-voice choir, 1100 mass dancers, 33 lead vocalists, 16 principal dancers, 20 ensemble dancers, nine backing vocalists, a magician, a puppeteer, songs from a range of chart-topping artists, and much more.

Buy your ticket now through Ticketek to join the more than 10,000 people to see Victoria's next generation of creative Victorians light up Hisense Arena. Tickets are available for shows at either 1pm or 6:30pm. Tickets are \$40 for adults, \$30 concession and \$20 for under 15s. Group purchases of more than 10 get one adult ticket free.

To find out more information, visit: <https://www.education.vic.gov.au/about/events/Pages/spectacular.aspx>

A MESSAGE FROM MS TOOBA

به ادامه مجلس معلوماتي براي والدين افغان، اگر کدام مشکلي در استفاده پروگرام Razkids داريد، لطفاً به روز دوشنبه به مکتب بياييد تا خانم طوبا همکاري تان کند . ممنون تان

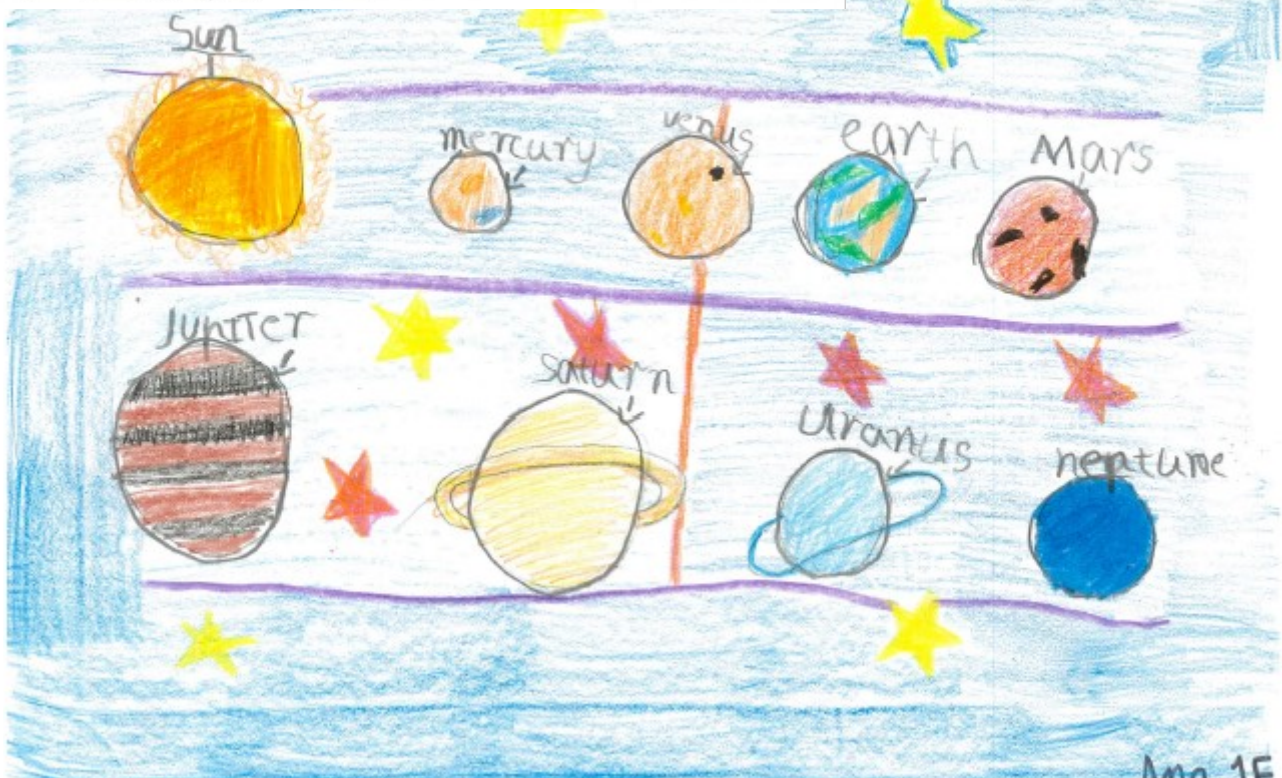


In space there is a solar-System
 and I know the order first is the
 sun then it's mercury, venus, earth, mars,
 Jupiter, saturn, uranus, neptune
 then it's done. we needed to use
 teamwork to order it. By Lachie

EMANUEL

In space you ~~have~~ don't have ^{air} ~~air~~ and you can
 float. why ^{do} you float? You can move a round.
 You can drive But you can't drive as much.
 We watch the solar system song to help us
 order the Planets.

FROM GRADE ONE



Apr 15



AN INVITATION TO OUR BOOK FAIR!

Where: Hillsmeade Primary School

Library

Date: 17th - 20th September 2018

Time: 8:30-9:00am & 3:30-4:30pm



Don't miss out!

Every purchase
supports our school!



LAMONT

BOOK

FAIRS

www.lamontbooks.com.au

FROM THE COMMUNITY

**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 2018 school holiday dates:

- Week 1: Mon 24th Tue 25th Wed 26th Thu 27th September
- Week 2: Mon 1st Tue 2nd Wed 3rd Thu 4th Fri 5th October
- 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



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



Remember,
Tuesday is
School Banking
Day!

**Our lost property is
looking very full!
Please remember to
put your child's
name and grade on
any items they bring
to school so we can**