



The Link

Hillsmeade Primary School Newsletter

Issue No 30—WED 10th OCT

TERM 4
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
8th OCT First day of Term 4	9th OCT	10th OCT	11th OCT Regional Final - Hoop Time Grades 3/4 2018 8:45AM - 4:00PM	12th OCT 2:30PM Whole School Assembly in the Gym
15th OCT	16th OCT	17th OCT China Trip Students Depart	18th OCT Regional Athletics Carnival 8:45 AM—2:45PM	19th OCT Divisional Playoffs 2018 Basketball Girls 9:00AM - 2:45PM Student Electives



UPCOMING EVENTS

Final payment for G2 2 Science

Discovery Dome is Due:

FRIDAY 12TH OCT

MIDNIGHT



<u>EVENT</u>	<u>CONSENT/PAYMENT DUE</u>	<u>EVENT DATE</u>
Science Discovery Dome Gr 2 Incursion	12/10/2018	Monday, October 22 2018 Sessions running throughout the day
Regional Athletics Carnival 2018	15/10/2018	Monday, October 22 - 08:45 AM—03:00 PM
Divisional Playoffs 2018—Girls Basketball	15/10/2018	Friday, October 19 - 09:00 AM—02:00PM
Alikra Science Partnership 6/A	16/10/2018	Tuesday, October 23 - 11:00 AM - 01:30PM
Alikra Science Partnership 6/B	25/10/2018	Tuesday, October 30 - 11:00 AM—01:30PM
Alikra Science Partnership 6/C	06/11/2018	Tuesday, November 13 - 11:00 AM – 01:30PM
Alkira Science Partnership (6/D)	13/11/2018	Tuesday, November 20 - 11:00 AM— 01:30PM
Alkira Science Partnership (6/E)	20/11/2018	Tuesday, November 27 - 11:00 AM— 01:30PM

*** 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,

Welcome back to Term 4, 2018. I hope that everyone had a safe, restful and enjoyable holidays. It is wonderful to see so many students back, excited about the term ahead. There is so much to look forward to this term:

- Year 3/4 Allstar Boys Hoop Time Finals
- Year 2 Science Dome Incursion
- Year 2 Camp
- Year 4 Camp
- Year 5/6 Allstar Girls Hoop Time and District Finals
- Year 5/6 Volleyball District Finals
- MAD Day
- Hillsmeade Cup
- Lunchtime Discos
- Christmas Concert
- Year 6 Graduation
- Year 6 Big Day Out
- Year 5 Little Day Out



Coles Sports for Schools

We are eagerly awaiting to arrival of our sports and play resources that we received from the sports for schools Coles promotion. Six cartons of equipment have been shipped and will be available across all areas of the school.

Book Fair

A big thank you to all of the families who attended and supported our book fair last term. We are very excited to announce that we sold close to \$6,000 of books. That means, our combined commission from last year is \$4,500. This money will be used to replenish the classroom libraries that are in all classrooms. This is a tremendous amount and we are excited at the opportunity for new books to be in all classes.

I RESPECT Garden

Hopefully everyone has had an opportunity to see our completed I RESPECT garden. The project is now complete with the remaining bench seating added over the holiday break. The completion of the garden included a re-modelling of the space directly in front of the garden. We are very proud of this space, and we love seeing families and students already using this wonderful addition to the school.



As of today the external gate next to the music room will be locked due to an ongoing vandalism concern. Please enter the school via the main gate at the front of the school or the gate next to the synthetic oval.

Vandalism

We are saddened, as a school community, that during the holidays we had damage and theft from classrooms. The cost to repair, and replace windows, and equipment, impacts on the school budget.

Also, unfortunately, on the weekends and evenings, the school has become a place for undesirable activity. Thus, the access gate from the soccer oval at the rear of the hall will be permanently locked from Thursday ongoing.

To assist with eradicating the vandalism we have also engaged a security company to be on site at various times, to patrol the premises.

As a school community we also ask you to call 000, and report any suspicious activity after school hours.

Thank you

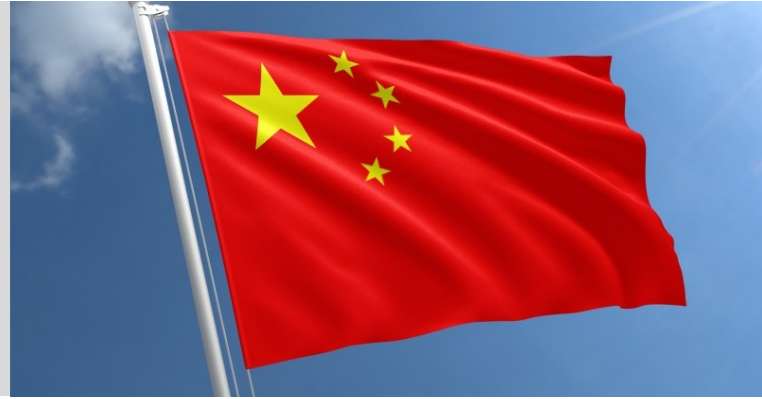
Angela Nixon

Facilities Management

FROM THE PRINCIPAL

China Trip

It's here! Ms. Smith and a group of very lucky students from Hillsmeade, will be jetting off to China next week. They have been working hard on preparing presentations to share with the students and teachers in China and learning about Chinese culture, developing their understanding of Chinese etiquette. Everyone is very excited for them and we all wish them safe travels and wonderful experiences when they depart next Thursday!



The Canadian Way

During the first 10 days of the term 3 school holidays, Mrs. Bray and I joined the Principal- Mande Strickland, and her wellbeing team in a study tour of schools in Vancouver, Canada. We visited different schools each day, meeting with principals and teachers, and visiting classrooms to find out about how they are supporting the social and emotional learning of all students and how they are using the **spiral of inquiry** to enhance teacher development.

The schools we visited were very diverse and included primary and secondary schools. We even visited a farm that is run entirely by students! A common feature in the schools was the implementation of the Zones of Regulation, (you can read more about this in Mr. Cardamone's article). Many of the schools we visited used the zones of regulation to help students develop a vocabulary to talk about how they feel and used visual representations to support students as well.

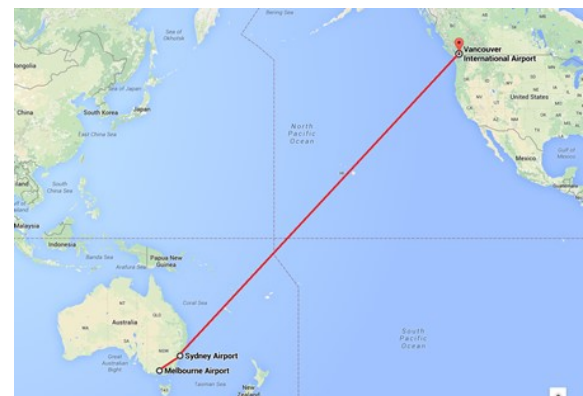
We spoke with schools about how they have used the spiral of inquiry and found out that using an inquiry process often began as a process used to help students investigate a concept or topic. Teachers then began to wonder how an inquiry process might help them to investigate student learning needs and work collaboratively to address those needs to improve student outcomes.

Investigating the implementation of social and emotional learning approaches as well as how schools use the spiral of inquiry was enlightening for us as well as the secondary school staff we went with. Many beneficial discussions were held regarding supporting students, particularly when transitioning from primary school to secondary school. Mrs. Bray and I are excited to share our learning with the teachers of Hillsmeade and to lead teachers and students in the next steps in improvement at our school.

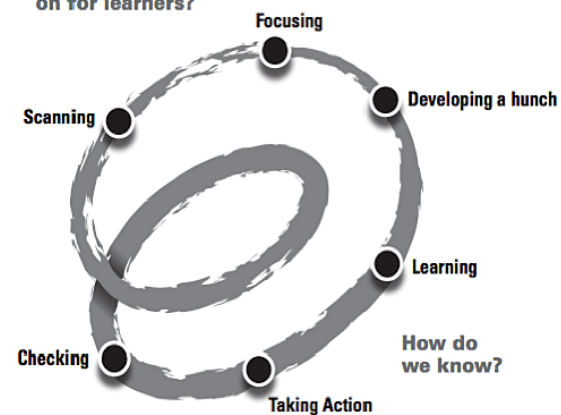
The Hillsmeade Primary School community would like to share a very big thank you to Bianca Hyde, who has been a valued member of the canteen team! We wish her all the best!

Crystal Wells

Assistant Principal on behalf of Jodie Bray



What's going on for learners?



THE CANADIAN WAY



PROFESSIONAL LEARNING

On Monday the 1st of October, I got the opportunity to attend the *Edu Change Learning Masterclass* that focused on equipping teachers with the tools needed to embed *Project Based Learning* in schools around deeper learning principles.

It was a fantastic day closely spent with *Laura McBain* (Stanford school's Deeper Learning Guru) and *Eddie Woo* (one of Australia's most celebrated teachers). They engaged in a Q+A session, shared their insights into student-led learning and offered expert advice into designing programs and pedagogies that activate high-quality learning.

Thought provoking learning: "What if we can make learning time better than lunch time?", "It is not about the end product, it is about celebrating the journey", "Student driven inquiry learning should be used as a vehicle to create great teaching and learning", "How do we plan activities so the ownership of assessment is on our students and not us", "Model behaviour that it is ok to fail", "How maths enables playfulness, curiosity and openness?"

The next day, I attended the *EC18*- a day of powerful learning from amazing educators and innovators at Deakin Edge in Federation Square.

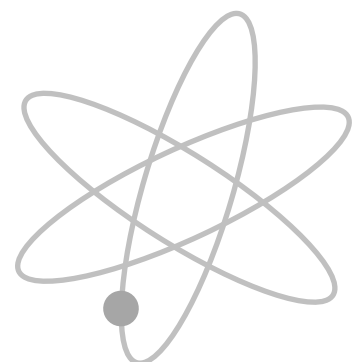
Rosie Thomas (CEO Project Rock It) shared how they Believe in A World Where Kindness and Respect Thrive Over Bullying, Hate and Prejudice and All Young People Are Free to Realise Their Potential.

Dan Flynn, (CEO Thank You) talked about embracing the uniqueness in each student and how team work makes the dream work! Their movement commits 100% of their profit to end global poverty and have raised millions of dollars to get safe water, toilets and child and maternal health programs to hundreds and thousands of people in need.

Highlight of the day was listening to *Dr Lindsa McIntyre* one of America's most inspiring Principals, a civil rights hero, and a true Change Leader who ended the day with a great message: *All Kids deserve an excited passionate adult!*

Wow! It is truly inspiring to be a part of the change maker journey!

Dimple Bhardwaj
Leading Teacher



FROM MR CARDAMONE

Good afternoon Hillsmeade community,

I hope that everyone had a great break and had the opportunity to have some family time and rest. I would like to take this opportunity to thank everyone that voted for Pick my Project, we had 133 votes, however unfortunately we didn't get enough votes to get the funds for our Hillsmeade circuit. Again thank you for taking the time to vote.

Parent workshop

In the last week of term 3, we had our second parent workshop which focused on self-regulation, it was a fantastic night with lots of great discussions around this important topic. Some of the topics covered were:

What is self-regulation?

Why it's important?

Some ways we can include self-regulation at home?

What the experts say on this.

How you self-regulate and the impact that this can have on our children.

If you would like any information on the presentation or any resources that were given out on the night, please come and see me. Thank you to the Hillsmeade community who attended.

Social and Emotional Learning page

Over the next couple of weeks on the Hillsmeade website, there will be a social and emotional learning page, this will explain what we do at Hillsmeade. This will assist with families wanting a better understanding of how we address social and emotional learning at our school.

Footy and breakfast club

Just a reminder that we have breakfast club and footy club Tuesday mornings from 8:15-8:40am starting week 2.

KidsMatter

As a school we have completed all components in the KidsMatter framework:

- Component 1: Positive school community
- Component 2: Social and emotional learning
- Component 3: Working with parents and carers
- Component 4: Helping students with mental health difficulties.

This is a great milestone for our school. The action team will be working on becoming an accredited school. We are working with a KidMatter representative this coming Thursday to work through the next stages of KidsMatter and what that looks like for our school moving forward. I look forward to sharing our progress to becoming an accredited KidsMatter school.

Have a great term, we know how fast they go. I look forward to sharing information on different topics in the coming weeks. Thank you.

John Cardamone

Leading Teacher in Social and Emotional Learning



HOLIDAY EVENTS AT OSHC

The children at OSHC were taken out of their comfort zone over the school break to experience the diversified adventure and challenge activity of indoor rock climbing. Although overwhelming, the children's self-esteem and confidence was boosted when they embraced their fears and ascended different heights while scaling varying levels of the replication of outdoor terrain. "It was so big and scary, but I did it. I'm going to try a harder one," announced Sean. "Did you see that? I made it to the top," exclaimed Logan. "Feel my muscles now, they're bigger than Daniel's," Caleb excitedly shared.

The experience required mental and physical fitness, along with critical and creative thinking to plan, problem solve, test thinking and generate new ideas. The children's techniques were adapted in response to challenges encountered, and intrinsic feedback from children's own attempts was used to improve on personal performances. "My hand kept slipping every time I held on to the rocks. I had to move my hand on the side where I could feel a part that they can go in to, so I could go higher and not slip on the rocks," shared Castiel. The intellectually stimulating and physically demanding experience resulted in the children feeling accomplished, fatigued and excited to share their experience with others.

The jumping castle was another prevalent and exciting activity where the children were able to exert their energy over the school break. The intense action packed, and fun filled experience, immediately captivated the children's interest where they excitedly expressed their enthusiasm. "Wow! Look how big it is!" shouted Declan. "I want to stay on there the whole time," shared Claire. The jumping castle promoted the children's natural propensity to move and provided a space that facilitated children to inadvertently test their fundamental movement skills of jumping, balancing, running, dodging, catching, throwing and hopping in a fun and exciting atmosphere.

At the conclusion of the day, although exhausted, the children found it difficult to walk away from the experience. "Can we get this again?" questioned Rhys. "Do we have to pack it up now? I want to keep playing," inquired Cooper. "I'm all sweaty, but I still want to play," stated Sean. The experience resulted in the development of children's emotional and physical wellbeing, along with boosting their self-esteem, self-concept and confidence.

Belinda Lane OSHC



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 Managed Laptop Program

Parent Information Session for 2018 Grade 4 & 5 Students

When: Tuesday, 16th of October, 2018. 5:30pm-6:00pm.

Where: School Library

RSVP: Hillsmeade PS Front Office

9704 6313



A MESSAGE FROM SICK BAY

Asthma First Aid

1 Sit the person upright

- Be calm and reassuring
- Do not leave them alone



2 Give 4 separate puffs of blue/grey reliever puffer

- Shake puffer
- Put 1 puff into spacer
- Take 4 breaths from spacer

Repeat until 4 puffs have been taken

Remember: Shake, 1 puff, 4 breaths

OR give 2 separate doses of a Bricanyl inhaler (age 6 & over) or a Symbicort inhaler (over 12)



3 Wait 4 minutes

- If there is no improvement, give 4 more separate puffs of blue/grey reliever as above

OR give 1 more dose of Bricanyl or Symbicort inhaler



4 If there is still no improvement call emergency assistance - Dial Triple Zero (000)

- Say 'ambulance' and that someone is having an asthma attack
- Keep giving 4 separate puffs every 4 minutes until emergency assistance arrives

OR give 1 dose of a Bricanyl or Symbicort every 4 minutes - up to 3 more doses of Symbicort



Call emergency assistance immediately - Dial Triple Zero (000)

- If the person is not breathing
- If the person's asthma suddenly becomes worse or is not improving
- If the person is having an asthma attack and a reliever is not available
- If you are not sure if it's asthma
- If the person is known to have Anaphylaxis - follow their Anaphylaxis Action Plan, then give Asthma First Aid

Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma



Contact your local Asthma Foundation

1800 ASTHMA Helpline (1800 278 462) asthmaaustralia.org.au

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Translating and
Interpreting Service
131 450

Asthma Australia First Aid First Aid | 27 November 2016



Please ensure your child's Asthma Action Plan is up to date.

These are to be updated yearly and be completed by your GP.

Please ensure your child has their own medication and spacer for school.

Any queries please contact the office. - Vicki Collie

PARENTS BUILDING SOLUTIONS

For parents, step-parents, grandparents & carers of children aged 3 - 13 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

DATES: Wednesday evenings
24th Oct to 28th Nov 2018
(6-weeks)

DEALING WITH ANGER

Helping parents, and kids, deal with anger and frustration

TIME: 6.30pm – 8.45pm

RESPONDING TO BEHAVIOUR

Better understand why children behave the way they do

WHERE: Hampton Park Baptist Church
Community Room
1 Orient Pl, Hampton Park
(Behind the library)

STRATEGIES THAT WORK

How can parenting be easier and more fun!

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

TERM 4 CALENDAR 2018

Tuesday	Informal Catch-up & Chill Out Session
9 October	Join us for an informal catch-up for the first session of the new term. Art, craft, puzzles and scrapbooking activities available.
Tuesday	Future Direction of Hampton Park Hub Planning Session (10.30am to 12.30pm)
16 October	Join us for a follow-up discussion about the future direction of the Carer Hub.
Tuesday	Informal Catch-up & Chill Out Session
23 October	Join us for an informal catch-up. Art, craft and scrapbooking activities available.
Tuesday	Independent Mental Health Advocacy (IMHA): Advance Statements and Nominated Persons (11am to 12pm)
30 October	Join us for a presentation from IMHA about Advance Care Statements and Nominated Persons, to assist you in supporting and advocating for your loved one.
Tuesday 6 November	MELBOURNE CUP DAY (no session)
Tuesday	Yoga for Carers (11am to 12pm)
13 November	Join us for a relaxing yoga session, to be held by a trained yoga instructor. Please be sure to bring a yoga mat/rug and light towel/sarong for the yoga session.
Tuesday	Informal Catch-up & Chill Out Session
20 November	Join us for an informal catch-up. Art, craft and scrapbooking activities available.
Tuesday	State Trustees: Future Planning for Carers (11am to 12pm)
27 November	Learn about how to prepare for your loved one's care when the time comes that you can no longer care for them.
Tuesday	Future Direction of Hampton Park Hub Planning Session (10.30am to 12.30pm)
4 December	Join us for a follow-up discussion about the future direction of the Carer Hub. Carers Victoria will join us to provide information about grants.
Tuesday	Informal Catch-up & Chill Out Session (Movie: Mamma Mia 2, 10.30am start)
11 December	Join us for an informal catch-up and a movie (Mamma Mia 2). Art, craft, puzzles and scrapbooking activities available.
Tuesday	Informal Catch-up & Chill Out Session (Festivities Celebration)
18 December	Join us for an informal catch-up and participate in end of year celebrations.

Hampton Park Carers Hub

A space for you to connect with other Carers, access Carer supports and look after your own wellbeing.



The Hub is open to you if you:

- Are supporting a person with a mental illness, autism or an intellectual disability.
- Live in the Council areas of Cardinia, Casey or Greater Dandenong.
- To register your attendance for a session
https://www.research.net/r/SMR_CarerHubs
- If we have your information already, please get in touch.
- Unfortunately, if you have a care recipient with an active NDIS plan, you are unable to attend.

Date
Every Tuesday during school terms

Time
10.30am–2.30pm

Venue
Uniting Place
1 Coral Drive, Hampton Park

Get in touch
T 1300 277 478
E lifeassist.events@vt.uniting.org

Uniting

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