



**Friday the 16th NOV is a
Curriculum Day -
STUDENTS DO NOT
ATTEND**

The Link

Hillsmeade Primary School Newsletter

Issue No 34—WED 7th NOV

TERM 4
2018



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

WHO? WHAT? WHEN?

TUE

WED

THUR

FRI

5th NOV Hillsmeade Cup Day - Special Timetable for Students	6th NOV <u>MELBOURNE CUP PUBLIC HOLIDAY</u> <u>*NO SCHOOL*</u>	7th NOV	8th NOV 3B Woolworths Discovery Tour 9:45AM-11:30AM SRC selling Remembrance Day poppies during snack and lunch in Chloe's garden	9th NOV SRC selling Remembrance Day poppies during snack and lunch in Chloe's Garden Whole school assembly in the gym 2:30
12th NOV	13th NOV 1A Woolworths Discovery Tour 9:30AM-11:30AM 1B Woolworths Discovery Tour 11:00AM-1:00AM 6C Alkira Science Partnership 11:00AM-1:30PM ART EXPO 4:00PM	14th NOV	15th NOV 1C Woolworths Discovery Tour 9:30AM-11:30AM 1D Woolworths Discovery Tour 11:00AM-1:00PM	16th NOV Curriculum Day <u>*NO SCHOOL*</u>



UPCOMING EVENTS

Consent for Gr 1/C&D Woolworths

Discovery Tour

DUE Midnight 8TH NOV



<u>EVENT</u>	<u>CONSENT/PAYMENT DUE</u>	<u>EVENT DATE</u>
Alikra Science Partnership 6/C	06/11/2018 (CLOSED)	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
School of Rock Excursion	12/11/2018	Wednesday, November 21 10:00 AM—05:00PM
Gr 3 Woolworths Discovery Tour 3/A	02/11/2018 (CLOSED)	Friday, November 9 09:45 AM—11:30AM
Gr 3 Woolworths Discovery Tour 3/B	01/11/2018 (CLOSED)	Thursday, November 8th Times available on Compass
Gr 3 Woolworths Discovery Tour 3/C	26/10/2018	Tuesday, October 30th 09:45 AM—11:30AM
Gr 3 Woolworths Discovery Tour 3/D&E	26/10/2018	Friday, November 2 09:45 AM—11:30AM
Gr 1 Woolworths Discovery Tour 1/A&B	06/11/2018 (CLOSED)	Tuesday, November 13 Times available on Compass
Gr 1 Woolworths Discovery Tour 1/C&D	08/11/2018	Thursday, November 15 Times available on Compass
Gr 1 Woolworths Discovery Tour 1/E&F	20/11/2018	Tuesday, November 20 Times available on Compass

FIRST PREP TRANSITION DAY TUES 13TH NOV

Our transition program is starting next week, now is the time to collect a 2019 Prep enrolment pack from the front office. Prospective families are welcome to attend our next school tour on Thursday 29th NOVEMBER departing from the front office at 10AM.



FROM THE PRINCIPAL



Dear Parents and Guardians,

Happy Week 5! We hope you had an enjoyable Cup Day with family and friends. Here is an update of the events of the past week at Hillsmeade:

School Improvement Team

On Monday 5th November, our School Improvement Team met with our SEIL (Senior Education Improvement Leader) Leonie King, to report on our progress and achievement towards our school's goals. It was a positive meeting with many celebrations of student learning growth and evidence of student connectedness to school. Thank you to our PLT Leaders for providing thoughtful reflections on student growth data. We have identified areas for future focus in 2019 and we thank the SIT members, Mrs Bray, Miss Wells, Miss Smith, Miss Szalek, Miss Barker, Ms Bhardwaj, Mr Cardamone and Mr Rafferty, for their work throughout the year.

Art Exhibition

This Tuesday 13th November, we invite families to attend our Hillsmeade Art Exhibition! From 4:30pm – 5:15pm there will be fun art activities in the main building, followed by an Art Auction and Exhibition in the gymnasium between 5:15pm – 6:00pm. We look forward to showcasing our Art program and the creative talents of our students!

MAD Day

Our Year 5 and 6 students will be showcasing their hard work at MAD Day on Friday 30th November, held in the hall. This connects with our Design Technologies curriculum and raises money for the Year 6 Big Day Out. This event is a highlight on the Hillsmeade calendar and students are invited to bring money to spend at the student-led stalls.

Christmas Concert

Save the date! Friday 14th December will be Hillsmeade's Christmas Carnival, from 5pm – 8pm. Our Student Leaders are helping to organise an exciting evening of music, games, food and festivities. We look forward to another exciting Hillsmeade community event!

2019 Enrolments

If you know of prospective families joining Hillsmeade in 2019, please encourage them to attend our next school tour on Thursday 29th NOV.



From Ms Toni Barker

This term we have partnered with Alkira Secondary College and each of our year 6 classes are attending a science lesson at Alkira, over 5 weeks. As part of the Year 6 – Year 7 transition, the students have also been fortunate enough to have a tour of the school and to meet the principal, John Shaw, prior to their lesson.

Our science focus for this term is Physical Sciences and the excursion has allowed for students to use the resources and science labs to conduct experiments to investigate circuits. Whilst at Alkira, each class participates in three investigations exploring switches, series circuits and parallel circuits. They are also able to understand the role of atoms and electrons.

We would like to thank Amanda Anderson for teaching the science lessons and Kaylee Hyland for organising this amazing opportunity for us!

SRC

SRC Representatives will be selling Remembrance Day poppies in Chloe's garden during Snack/Lunch on Thursday and Friday. Prices ranging from \$1-\$5.



Congratulations to Aiden K for earning the 'Grey Wolf' at Scouts. Only a small percentage of top achievers reach this level!

VPA CHINA TRIP - MS SARAH SMITH

What an incredible time we had in China! Eszter S, Keely O, Mikayla R, Jaylen F, Keshav S, Belinda N, Mitchell B and I were privileged to join 7 other schools on the VPA Student Exchange and Culture Study Tour. Over the two weeks, we participated in amazing sightseeing and educational experiences to enrich our cultural awareness and learn about the Chinese way of life. We had a wonderful time exploring Shanghai, before travelling to Nanjing where we attended our sister school, Jinling Primary School. We lived on campus and participated in a variety of daily lessons, learning new skills that would be showcased at a special Closing Ceremony. Our students embraced every new experience with a positive attitude and grew in independence, self-management and developed many new friendships. Thank you to our wonderful students for consistently modelling our I RESPECT values and being exceptional representatives of our school and Australia.

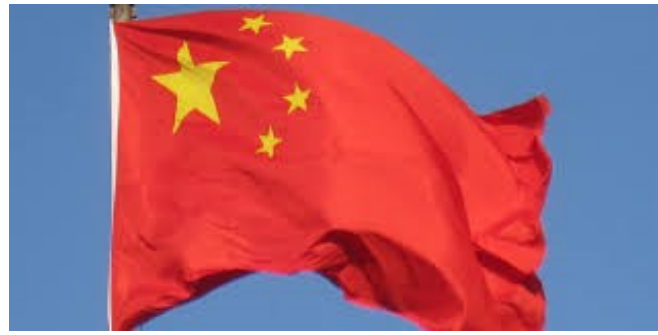
A huge thank you to our School Council and Mrs Bray for their generous support of the China Study Tour; a unique and remarkable international opportunity for our students.



VPA CHINA TRIP

Jinling Primary School Educational Experiences:

- Chinese Class – learning Chinese characters, pronunciation, writing, Chinese festivals, poetry
- Maths – Sudoku
- Calligraphy
- Music – learning the Ocarina
- Art – Kite-making, Peking Opera Masks, Chinese paper cutting, porcelain plates
- Science – helicopters inspired by Chinese dragonflies
- Martial Arts – Kung Fu
- Performing Arts – Chinese Fan Dance
- School Clubs – basketball, soccer, badminton, aerobics
- Host family visits with families of Jinling Primary School
- Opening and Closing Ceremonies



Sightseeing and Cultural Experiences:

- Local craft and produce markets
- Traditional food and restaurants
- Traditional lunch with a host family
- Chinese Tea Ceremony
- Old Town in Shanghai
- Chinese Acrobatic Show
- Shanghai Tower
- Shanghai Aquarium
- The Bund
- Nanjing Road – famous shopping strip
- Shanghai Zoo to visit the pandas
- High speed bullet train to Nanjing
- Confucius Temple
- Dr Sun Yat-Sen's Mausoleum



HILLSMEADE CUP

On Monday 5th November, Hillsmeade celebrated the Melbourne Cup Carnival with a day of fun activities! The day began with a Fashions on the Field Parade. Special thank you to our judges Karen Hounsome, Brooke Gniel and Rebecca Green for awarding our best, funniest and most creatively dressed! The school gathered on the oval for hobby horse races and a picnic lunch, whilst also participating in classroom craft activities including hat-making and designing jockey silks. The day finished with a whole school hat parade with some very creative, original designs. Thank you to Mr Cardamone, Miss Szalek, Ms Bharwaj, Miss Barker, Taylor, Jack, Ricky and the Student Leaders for organising and facilitating such a fun event for our school!



HILLSMEADE CUP



FROM MR CARDAMONE

Good afternoon Hillsmeade community,

I hope the week has been well. It is a busy time for everyone now, the lead up to Christmas, Christmas parties, birthdays, the rush of buying Christmas presents and just the day-to-day things we need to do.

We have recognized that there are many factors that contribute to our ability to function day-to-day.

Sleep is one of the most important factors for all of us feeling our best, not getting enough sleep can have major impacts on us, such as, work, moods, productivity, relationships, emotions and how we feel generally. Below is a graph from Andrew Fuller, although it is targeted at teens, we can all relate to these strategies that can be effective for anyone.

“Getting enough sleep is one of the most powerful ways we can protect ourselves against depression. The structures in the brain that support the most powerful antidepressant, serotonin, are built and re-built between the sixth and the eighth hour of sleep.” Andrew Fuller

A great tip from Raising Children Network below: <https://raisingchildren.net.au/toddlers/sleep/better-sleep-settling/sleep-better-tips>

‘When worries affect your child’s sleep’

‘If your child has worries and anxieties that stop him or her from relaxing at bedtime, there are a couple of things you can do.

If there’s a quick and easy answer to your child’s problem, you can deal with it straight away. For example, ‘Yes, you can have Emma over to play on the weekend even though Grandma is staying with us’.

But if the problem needs more time, it’s probably best to acknowledge your child’s feelings and gently plan to sort things out in the morning. For example, ‘I understand that you’re worried about whether you can swim 50 m at the swimming carnival next week. Let’s talk about it in the morning and work out what to do’.

You can find more great tips on sleep at: <https://raisingchildren.net.au/toddlers/sleep/better-sleep-settling/sleep-better-tips>

John Cardamone

Leading Teacher in Social and Emotional Learning.

TIPS FOR TEENS TO PROMOTE A GOOD NIGHT’S SLEEP



Try to get up at about the same time each morning.



Enjoy some physical activity during the day, preferably outside.



Worrying about things at night? Set time aside during the day for problem-solving.



Avoid drinking caffeine after 4pm as it’s a brain stimulant.



Allow time to wind down at night. If you’re working or studying, stop at least 30 minutes before bedtime.



Avoid phones, tablets and watching TV just before bedtime.

FROM THE PRINCIPAL

Amphitheatre update.
We broke ground today!



2018 SCIENCE TALENT SEARCH - PRESENTATION DAY

Congratulations to *Bianca C* and *Alexandria J* who went to the STS Exhibition and Presentation Day on Monday 29th October at La Trobe University, Bundoora to collect their cheques and Bursary medallions.

Over 800 winning entries in 30 sections were on display and the highlight was to see our students representing Hillsmeade with pride!





Early Bird Reading Club...and Lunchtime Club!



What's happening?

Let's soak up the sun!

On Monday mornings (beginning week 6 12/11) we will be taking Reading Club outside into the Values Garden to enjoy the good weather that this time of year has to offer. We will bring a selection of books out and you are welcome to bring your own as well.

Days and times:

In Term 4, we will continue to run on **Monday and Thursday** mornings at **8:15am** and **Tuesday** lunchtime. All grades are welcome. We would love to see senior students reading with younger buddies J

**Make a Bookmark:
This Thursday 8th November
8:15am - 8:45am**

Come along and learn how to make your own bookmark to take home!





Alkira Second-Hand Uniform and Book Swap Opportunity

Alkira Secondary College is having its first ever parent second-hand uniform and book swap.

Details: Thursday 29th November 2018

5.30-7pm in the College Gym (Red Building)

Any parent of a current student may attend, use the space provided set up either a text book or uniform stall to sell/swap with other parents. The College is purely providing the space and opportunity for parents to access uniform and 2nd hand text books.



Key Guidelines for parents

You are responsible for the sale/swap of your uniform and books

Tables and chairs will be provided for you to set up a space

Paper and pens will be provided for you to make price tags, however you may make them prior and bring them along

You are responsible for setting your own prices

(Pricing will depend on the condition of the uniform/book, please see the school website for current booklist prices) see table below for suggested pricing scale.

Condition	Percentage off original price you paid
Excellent	25% off
Good	50% off
Fair	75% off

Cash only, unless negotiated with your swapper

Alkira Secondary College takes no responsibility for selling, swapping, buying or holding uniform or books

Parents can only arrive/set up from 5.15pm

NOTE: Students will not be able to sell/buy without a parent present

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.

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

Thursday Specials

Aussie Pie or Sausage Roll & Drink \$4.00

Ceaser Wrap, Frozen Fruit & Drink \$6.50

****Add Chicken**** \$1.50

Monday/Wednesday Specials

3 Fried or Steamed Dim Sims & Drink \$3.50

Pizza or Pasta and a Drink \$6.00

Chicken Strip Wrap & 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).

**SUNDAY 11TH NOVEMBER
11AM - 2PM**

CASEY
BMX CLUB • EST 2017

RIDE IN 2 BMX
Your chance to try BMX!

FIND US ON FACEBOOK 

From the ELC

The ELC currently have 3yr old positions available .

EARLY YEARS
LEARNING CENTRE



Come and try the new track at Casey Fields.
Bikes and helmets provided
A chance to join your new local Casey BMX Club.
CASEY FIELDS CRANBOURNE

BMX
AUSTRALIA

FROM THE COMMUNITY



**HILLSMEADE
ART
EXHIBITION
2018**

13TH OF NOVEMBER

**ART ACTIVITIES
IN THE MAIN
BUILDING
FROM
4:30-5:15**

GOLD COIN DONATION

EXHIBITION

**ART
AUCTION**

**ART
AUCTION IN
THE GYM
FROM
5:15-6:00**

**Sausage
Sizzle**
Volunteers needed

Hillsmeade primary school is seeking volunteers to assist with the election day BBQ on Saturday the 24th November from 8am – 6pm. If you are able to donate some of your time to assist with the BBQ please contact the Hillsmeade office on 9704 6313.

State Election
Your vote will help
shape Victoria



FROM MS TOOBA

والدين عزيز،

به خاطر داشته باشید که امسال، مرحله تحویلی برای شاگردان پریپ، ۲۰۱۹ در روز های سه شنبه میباشند. اگر طفل تان در سال آینده، پریپ را در مکتب ابتدائی هیلسمید آغاز میکند، لطفاً به اوقات ذیل به مرحله تحویلی در مکتب حاضر باشند:

وقت: سه شنبه، ۱۳ نومبر، ۲۰۱۸،
ساعت: ۱۱:۴۰ صبح الي ۱۲:۴۰ بعد از ظهر

وقت: سه شنبه، ۲۰ نومبر، ۲۰۱۸،
ساعت: ۱۱:۴۰ صبح الي ۱۲:۴۰ بعد از ظهر

وقت: سه شنبه، ۲۷ نومبر ۲۰۱۸،
ساعت: ۱۱:۴۰ صبح الي ۱۲:۴۰ بعد از ظهر

وقت: سه شنبه، ۴ دسمبر، ۲۰۱۸،
ساعت: ۱۱:۴۰ صبح الي ۱۲:۴۰ بعد از ظهر

وقت: سه شنبه، ۱۱ دسمبر ۲۰۱۸،
ساعت: ۹:۴۵ صبح الي ۱۲:۳۰ بعد از ظهر

Attention School Bankers

Anyone wishing to redeem their tokens this year must submit their tokens and orders by the end of November in order for guaranteed delivery this year. The last school banking day for 2018 will be Tuesday 11th December.

Thanks, Jill and Nat
(School Banking Coordinators)



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