



The Link

Hillsmeade Primary School Newsletter

Issue No 37—WED 28th NOV

TERM 4
2018



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

WHO? WHAT? WHEN?



		WED	THUR	FRI
26th NOV	27th NOV 6E Alkira Science Partnership 11:00AM-1:30PM Prep Transition Session 11:40AM-12:40PM	28th NOV <u>ELC</u> Information Night for enrolled 2019 families. 7:00-8:30PM	29th NOV School Tour—Prospective Families 10:00AM	30th NOV <u>MAD DAY</u> Electives
3rd DEC	4th DEC Mandarin Night 4:00PM-7:00PM Prep Transition Session 11:40AM-12:40PM	5th DEC Gr 3 Melbourne Zoo Visit 9:00AM-4:00PM	6th DEC Teacher V Students Netball	7th DEC Whole School Assembly 2:45PM

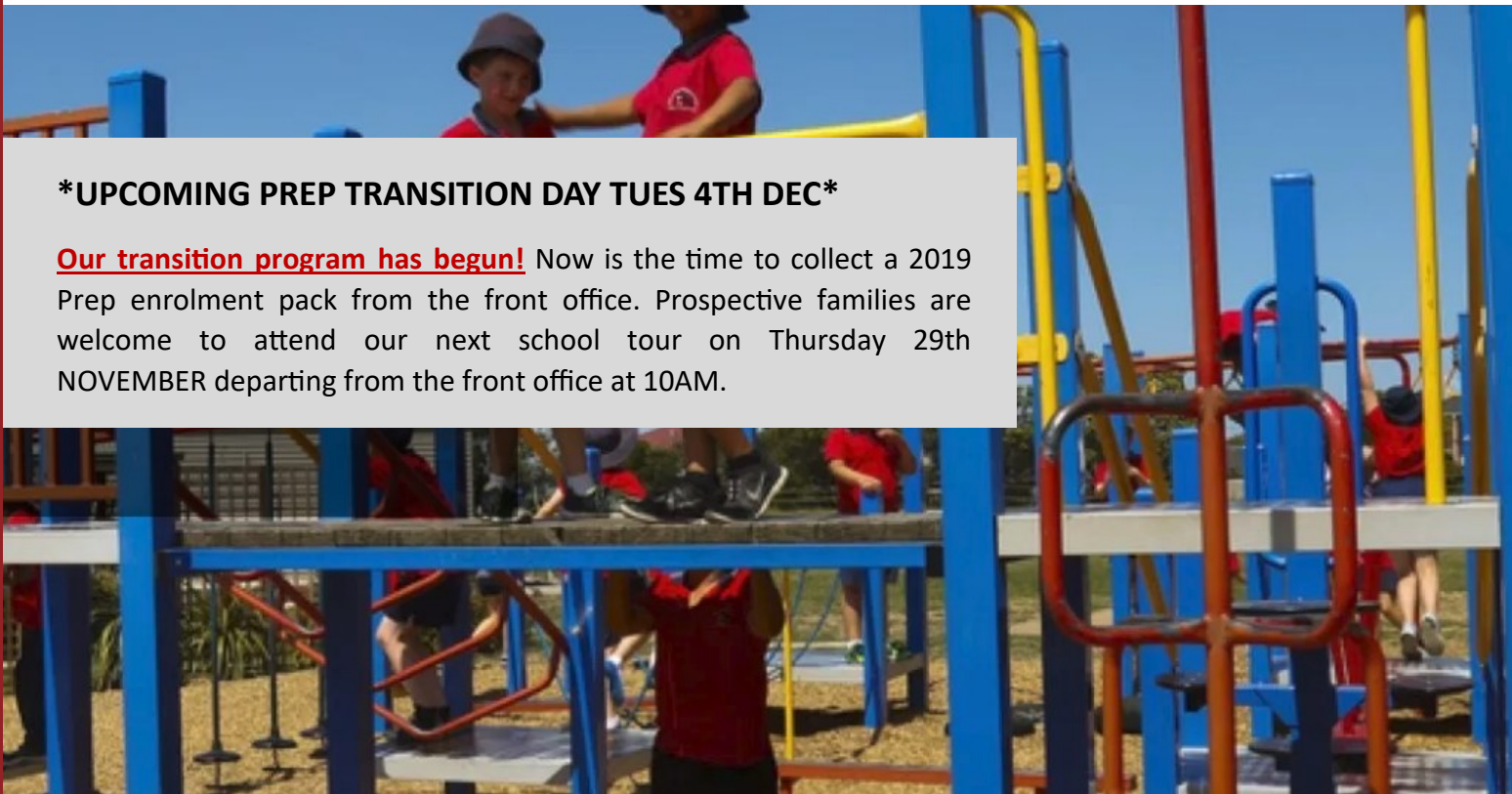
UPCOMING EVENTS



Consent for 'PREP VISIT TO CASEY FIELDS' Due Midnight 11/12/18



<u>EVENT</u>	<u>CONSENT/PAYMENT DUE</u>	<u>EVENT DATE</u>
Year 5 Little Day Out	11/12/2018	Tuesday, December 18 - 09:00 AM—Tuesday, December 18 - 03:30 PM
Somers Camp (Selected Students)	22/11/2018 (CLOSED)	Tuesday, February 19 - 10:00 AM—Wednesday, February 27 - 03:30 PM
Prep Visit to Casey Fields	11/12/2018	Tuesday, December 18 - 10:00 AM—02:00 PM
Grade 3 Melbourne Zoo Visit	21/11/2018 (CLOSED)	Wednesday December 5th 09:00AM— 04:00 PM



UPCOMING PREP TRANSITION DAY TUES 4TH DEC

Our transition program has begun! 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 / Guardians and Carers,

Happy Week 8 everyone. December is almost upon us. How quickly the year has gone. We are very excited to be planning for 2019, whilst still looking forward to so many wonderful and exciting things happening at Hillsmeade for the remainder of 2018.

Election Day BBQ


A big thank you to the staff, school council members and parents who supported staffing our fundraising event at the election polling on Saturday. It was wonderful to see our community supporting the school with this event. A big thank you to Crystal Wells and Sarah Smith for coordinating the event.

Primary Mathematics and Science Specialist Initiative

On Friday last week we had one of the lead evaluators come to visit Hillsmeade Primary School to hear about the wonderful things happening across our school, led by Jess Szalek and Dimple Bhardwaj. The independent evaluator was blown away with the innovative, exciting and engaging work happening across Mathematics and Science at our school.

A big congratulations to Jess Szalek and Dimple Bhardwaj on their work in their respective areas in 2018. We are so proud of the work being done within our own school, within the network and across the system.

If you would like to hear more about this exciting work, please get in touch with Jess Szalek or Dimple Bhardwaj.

	Curriculum	Teachers
Professional Learning	PMSS	Targets
Community	STEAM	Students

PLT Leaders 2019

A big congratulations to the PLT Leaders for 2019:

- **ELC—Katrina Roberts**
- **Prep—Rachel Sutcliffe**
- **Year 1—Nicole Page**
- **Year 2—Jess Ellis**
- **Year 3—Tabitha Carter**
- **Year 4—Danielle McKelvie**
- **Year 5—Toni Barker**
- **Year 6—Travis Cole**

MAD Day

A reminder that this Friday our annual MAD Day event will be taking place. This event is embedded in the teaching and learning program for our Year 5 and Year 6 students and the teams have been working hard to plan, advertise, develop prototypes and run tests to ensure their small business ventures will be successful.

If you are available to attend the day we would love to see you.

Congratulations to the Year 5 and 6 teams, I have had a sneak peek at some of the products and competitions on offer and know that I will have to bring my gold coins to be a part of it.

FROM THE PRINCIPAL

Staff Matter Team

I would like to take this opportunity to thank Bonnie Arbuckle and Sarah Rhimes for coordinating the 2018 Staff Matter Team. This team has worked throughout the year to **“positively promote and upskilling staff in mental health and wellbeing”**.

Thank you to all members of the Staff Matter Team, **Sarah Rhimes, Bonnie Arbuckle, Amelia Thomas, Tilly Le Faou, Belinda Catanese, Stewart Johnson, Nicole Page, Kira McKay and John Cardamone.**



School Improvement Team

I would like to take this opportunity to say a big thank you to members of the 2018 Hillsmeade Primary School Improvement Team: Sarah Smith, Crystal Wells, John Cardamone, Jess Szalek, Dimple Bhardwaj, Toni Barker and Brent Rafferty. The SIT have met regularly throughout the year to monitor and report on the progress of the 2018 Annual Implementation initiatives and targets. Over the last two weeks the team presented the 2018 progress to the Staff and School Council. Having a team of staff collectively invested in monitoring the initiatives and targets has been important in driving school wide improvement at Hillsmeade Primary School.

Jodie Bray
Principal



Mandarin Night

Hillsmeade Primary School

TUESDAY 4TH DEC 4:30PM - 5:30PM



4:30-5 pm (Main Building) - You are all invited to the amazing cultural activities including: kite flying, Chinese opera mask making, lantern, fan making, and Chinese traditional clothes booth (\$1.00 per item to take home).

5-5:30 pm - Students will showcase their Mandarin learning in the hall.

BRYAN JEFFREY PROFESSIONAL DEVELOPMENT

On Friday 23rd November, staff from Hillsmeade PS, Coral Park PS and Cranbourne East SC attended a professional learning opportunity with Bryan Jeffery. Bryan is an experienced psychiatric nurse through MOAT Mental Health Services. Bryan presented *Understanding and Responding to Students; Mental Health, Trauma and Challenging Behaviour*. Bryan was highly engaging and explained brain chemistry and structure in a practical way to increase our knowledge and understanding of the connection to wellbeing and children at risk. Bryan is the author of 'My Big Brain Book' and also spoke about the importance of self-care in positive mental health. —Miss Smith

We increased our knowledge of brain chemistry and its links to wellbeing. Giving us further understanding around brain structure. We are looking forward to implementing what we learnt in the classrooms to support students to be in the best frame of mind for learning.

– Rachel Sutcliffe

Learning about the brain elements and layers of the brain was really interesting! We unpacked the symptoms of mental health difficulties and strategies to support students that may present these and ways of changing inappropriate behaviour.

– Jess Ellis

UMNOS

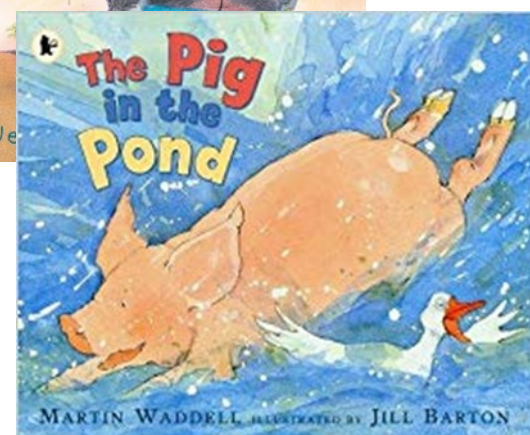
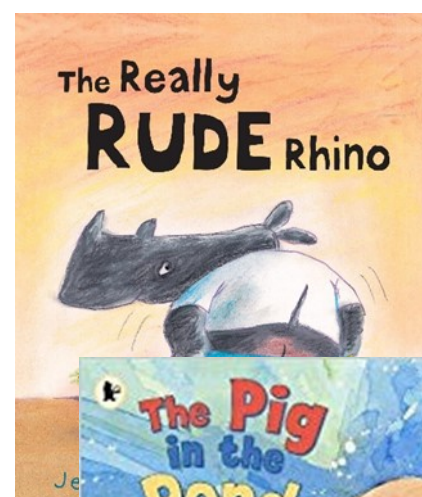
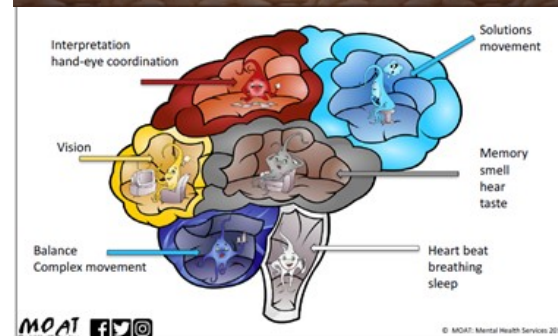
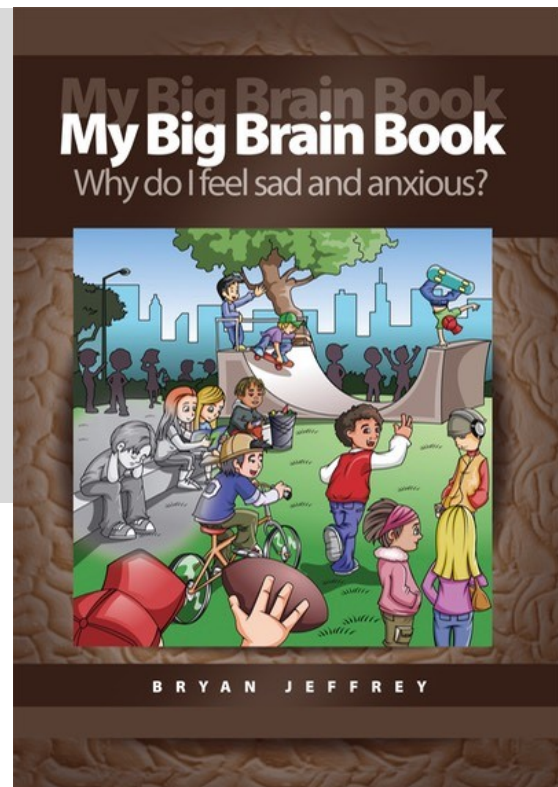
On Thursday 22nd November, Crystal Wells, Jess Szalek and I attended a professional learning day at UMNOS (University of Melbourne Network of Schools). We presented to other schools about the progress of our school's focus on writing and learnt about the successes and challenges for other schools in the network. A highlight was listening to David Hornsby, a highly experienced literacy educational leader. David spoke about the essential role of meaning-driven phonics and spelling when learning to be literate. **Meaning** is what determines the sound represented by a particular letter or letter cluster. We need meaningful context to determine how the phonics works. For example:

lead - The lead singer wrote his music with a lead pencil.

tear - She got a tear in her eye when she saw the tear in her jeans.

permit - Please permit me to get the permit.

David explored how to teach skills in meaningful context through quality literature. He reminded us 'laughing kids learn!' - Miss Smith



FROM MR CARDAMONE

Good afternoon Hillsmeade community,

I hope the week has been well. Well done to all the Hillsmeade IRESPECT wristbands winners: Jordan H, Ezri C, Nemdini A, Lachlan L, Jai W, Hayley J, Adem R, Caleb T, Tyce N, Nicholas B, Aidan K, Ronny X, Cody O, Evelyn P, Tyson W and Jack T. A big well done!



This week I would like to write about goal setting and the importance of this. We know goal setting helps us have a vision and a goal to work towards, however it can be hard to focus on what goal, how long etc. at:

<https://www.melbournechildpsychology.com.au/blog/successful-goal-setting-for-children/>

they break down an effective way of goal setting.

“Research has shown that goal-setting can be extremely useful to maintain focus, motivation, and ultimately achieving what we are trying to accomplish (i.e. achieving our goals). When we can see progress, we feel more capable, which motivates us to set more challenging goals. On the other hand, if we don’t perceive progress and it takes too long to achieve our goals, we quickly lose motivation, we feel frustrated, and eventually, we give up. But in most cases the problem is not the ultimate goal itself; the problem is how we set our goals.

So...how can you set goals that will help you to perceive more success in your life?

In the 1980s George T. Doran introduced the concept of S.M.A.R.T. goals. S.M.A.R.T. is an acronym for the five steps of specific, measurable, achievable, relevant, and time-targeted goals. The concept was originally introduced to be used by businesses to promote simple and effective goal-setting process to plan and achieve results. But the S.M.A.R.T. goal approach can of course be used by schools, families, and individuals to help them achieve success:

SPECIFIC – when defining a goal don’t be vague. Goals need to be well-defined and focused.

MEASURABLE – in order to be able to assess progress and goal achievement, you need to be able to measure it. You should be able to ask questions, such as “How much?”, “How long?”, and/or “How many?”

ACHIEVABLE – don’t set yourself for failure. Goals need to be challenging, but not beyond reach.

RELEVANT – are you motivated to achieve this goal? Who are you setting this goal for? Relevant goals are goals you truly want to achieve. You may need to explore if you have accomplished similar goals in the past and what you need and what steps need to be taken in order to accomplish this goal.

TIME-TARGETED – you also need to be specific about the time-frame you have to achieve a goal. If a target date is not set to accomplish a specific goal, then there is no urgency to start taking action towards accomplishing that goal.”

I hope this helps. With the long break coming soon, now would be a great time to do some holiday ‘SMART’ goal setting as a family or just for the children.

If you would like any more information or assistance, please let me know. Thank you



John Cardamone
Leading Teacher in Social
and Emotional Learning

FROM MS SZALEK

NUMERACY TIPS TO HELP YOUR CHILD

DOING MATHS TOGETHER AT HOME *(from birth to Year 2)*

Maths includes noticing numbers, shapes, patterns, size, time and measurement. Incorporating maths into everyday experiences is easy and fun. Maths is everywhere – in the playground, at the shops and at home.

Counting everyday

You can incorporate counting into everyday activities such as:

- Cut fruit into six pieces and ask your child to count the pieces.
- Count the pieces of toast you cooked at breakfast.
- Add the total number of cutlery items at the table.
- Count the number of people travelling in the car or on the bus.
- Count the number of houses as you walk along the street.
- Count how many steps it takes to walk from the kitchen to the bathroom.
- Practise counting when grocery shopping with your child (for example, counting the number of apples you put into the bag).
- Encourage your child to talk about the number of things in the pictures they draw.



Hunting for numbers

Number hunts are a fun and engaging activity for your child. Ask your child to find numbers around you. Look at and say the numbers on car number plates, signs, calendars, newspapers, shopping catalogues, speed signs, and houses

EXPLORING NUMERACY WITH YOUR CHILD *(from Years 3-6)*

Family participation in learning is one of the most accurate predictors of a child's success in school and beyond.

Providing opportunities to discuss and engage in mathematics supports your child's learning in and out of school. Your child will also begin to connect the importance of maths with their everyday activities, such as navigating public transport, comparing and choosing the best item to buy in stores, setting a budget, and cooking.

Sharing recipes

Discussing maths when cooking can provide a daily maths lesson involving measurement, time, and cost.

Here are some activities you could try at home:

- Collect and read recipes and discuss the use of fractions, millilitres and grams. Encourage your child to make accurate measurements using measuring cups and spoons.
- Discuss how you would double or halve a recipe. Encourage your child to record new measurements for the recipe. Discuss why and when you might need to do this.
- Identify the temperature and cooking time on the recipe. Discuss why different recipes have different temperatures and cooking times.
- Estimate the cost to buy all the ingredients to make the recipe. Compare this with the actual cost of items. Ask your child if they think it was cheaper to buy the ingredients and make dinner or get takeaway.
- Make a list of the abbreviations used in the recipe and then write them in full – for example, L for litre, ml for millilitre, tsp. for teaspoon, tbsp. for tablespoon.
- Investigate the prices of fresh fruit and vegetables available in the supermarkets compared with market vendors.



FROM THE COMMUNITY

Hillsmeade *Christmas* Concert & Bake Sale
Friday the 14th
December 5-8pm



Can you help??

We are seeking parent volunteers to help with the upcoming Christmas concert. We are needing volunteers for first aid, jumping castle supervision, face painting, sausage sizzle, bake sale & ticket sales. Each time slot is for 1 hour between 6-7pm & 7-8pm. Please contact the office on 97046313 if you would like to volunteer your time.

Thank you for your support

AMPHITHEATRE UPDATE!



Congratulations to our

HILLSMEADE HEROES:

00A Oliver S Isla C	2A Ali B Abid S	3A Mezghaan S Stevie J	4A Neda A Varun M	5A Sanah A Maddison M
00B All Students!	2D Emma Z Keisha M	3B Queenie B Nadeen A	4B Harry D Shae L	5B Gianna K Liam H
00C Selina W Sajjad T	2E Jacob R Maya N	3E Hayden F Eunice A	4C Ciara C Nadia K	
00D Zahra A	2F Kaeden P Owen H		4D James P Eesha T	
00E Rawan E Grace C	2G Will M Sineth E		4E Mia B Cameron H	
00F Kiki X Jeremiah A				

SICKBAY MESSAGE FROM VICKI



There has been a case of Hand, foot and mouth reported in our school community recently. This is caused by a virus and is generally mild, but infectious. SYMPTOMS INCLUDE: high temperature (fever), sore throat, small blister-like lesions that may occur on the inside of the mouth, sides of tongue, palms of hands, fingers and the soles of feet. If your child develops any of these symptoms please see your doctor.

STEAM ROOM



A NEW WAY TO PURCHASE YOUR GRADE 6 GARMENTS

Let Fashion Clubwear do the work for you....

Follow the following easy steps to order your garments online.

1. Go to www.fcw.com.au/#shops
2. Click on 'Leavers Online Shops'
3. Find your school logo and click on that.
4. This page will then give you up to date information such as cut-off date for orders and delivery.
5. Click the green button: ORDER & BUY.
6. Select item and then click on 'show image' and 'show info' for visuals and prices.
7. Then click the green button: NEXT- ITEM SIZES & OPTIONS.
8. Select the size and QTY you wish to order (Sample sizes are at school).
9. Click 'NEXT' to finalise order.
10. You will be given the option to pay by credit card or pay pal, simply follow the instructions to finalise your order.



Upon successful completion of your order you will be emailed a copy of your order as confirmation. If you don't receive on email a copy of your order, either your order was not successfully completed or the email address you provided was incorrect.

* A size range will be available at the school to assist with sizing.

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

PLEASE NOTE THE LAST DAY FOR LUNCH

ORDERS WILL BE:

FRIDAY THE 14th DECEMBER

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 \$6.50

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).



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FROM THE COMMUNITY

**BULK BILLING****Our Services:**

- > Family Services
- > Women's Health
- > Child and Adolescent Health
- > Men's Health
- > Skin and Mole Checks
- > Mental Health
- > Chronic Disease Management
- > Travel Health
- > Aged and Elderly Health
- > Vaccinations and Immunisations
- > Onsite Pathology
- > Longer consultation available upon request
- > Minor Procedures
- > Employment Medicals and Work Cover
- > Onsite X-Ray

Clinic Hours:

Monday to Friday: 9:00am – 7:00pm
Saturday: 9:00am – 1:00pm

For **ALL** Emergencies call 000

For care outside normal hours, call 137 425
Home Visits not available

O'Shea Medical Centre
2-6 Skyline Way
Berwick, 3806
Telephone: (03) 8786 9192
Facsimile: (03) 8786 7810
Email: manager@osheamedical.com.au
Website: www.osheamedical.com.au

Results:

All patients are to book appointments to discuss results with their Doctor. Results will **NOT** be given over the phone.

Repeat Prescriptions:

Appointments must be booked.

Privacy Statement:

O'Shea Medical Centre strictly abides by the Privacy Policy. All consultations and medical records are maintained with strict confidentiality. This information is only released with your expressed written consent or where it is required by law.

Please don't hesitate to contact us at the clinic for any queries relating to your health records.

Feedbacks:

Suggestion Box found at reception

Complaints:

Health Complaints Commissioner
26th Floor
570 Bourke Street
Melbourne, Victoria
Phone: 1300 582 113
<https://hcc.vic.gov.au>

We Bulk Bill ALL current Medicare Card holders.

Fees apply to patients without a Medicare card.

Out of pocket expenses may incur when patients are referred outside the practice for specialist services or investigations, please check when making your appointment.

Our Team**Manager:**

Angie de Groot

Male Doctors:

Dr Goweid Goweid
Dr Anwar Nan

Female Doctors:

Dr Suzette Meshrecky

Specialist:

Danielle Harrison – Diabetes Educator
Gorica Boskovski – Psychologist
Isaac Fraig – Physiotherapist
Mary Bermejo – Dietitian
Dentist coming soon

Nurses:

Angie de Groot
Zoe Adams

Receptionist:

Vickie Karagiannis|
Michelle Taylor

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. Also please note that tokens can be carried forward to next year and new redemption items will be available in 2019. Any students who are leaving the school this year can continue to do school banking in 2019 if they have a sibling at Hillsmeade, simply get your sibling to submit your bankbook for you. Likewise, any children joining the ELC next year can open a school banking account and have their bank book submitted via a sibling at Hillsmeade.

**Thanks, Jill and Nat
(School Banking Coordinators)**



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

BERWICK SPRINGS FOOTBALL NETBALL CLUB

BSFNC Welcomes All Ages To Join Our Fantastic Club.

Players Wanted For Indoor Netball Games At Casey Stadium

Monday Evenings & Wednesday Evenings & Saturday Mornings

Age Groups Are-
U9's, U11's, U13's, U15's, U17's, Seniors

For More Information, Please Contact
Melissah –
president@berwicksspringsnetballclub.com.au
Emily –
secretary@berwicksspringsnetballclub.com.au