IT WAS SCHOOL PHOTOS?

Fear not, every child attending school on Wednesday the 13th of March would have had their photo taken. It's not too late to order a photo pack. Please visit the below website and use the code provided.

www.advancedlife.com.au

LG3 X97 85R

The Link

Hillsmeade Primary School Newsletter

Issue No 6—WED 13th MAR

2019



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

FRI MON **TUES** WFD **THUR** 12th MAR 13th MAR

School Photo Day

Divisional Swimming

11th MAR

18th MAR

LABOUR DAY -PUBLIC HOLIDAY

Students do not attend

Young Leaders Conference (Selected Students)

Grade 1 Chicken Hatching

19th MAR

Cultural Infusion Incursion

Prep, Gr1 & Gr2

VSSS Regional Rehearsals

20th MAR

Cultural Infusion Incursion

Gr 5 & 6

Prep Responsible Pet Incursion 9:30-12:30

14th MAR

21st MAR

Prep family picnic @5PM on the Oval

Cultural Infusion Gr 3 & 4

15th MAR

Grand Prix Excursion Gr 5/6

Electives

22nd MAR

Survivor Day Gr 5/6

Assembly in the Gym 2:45PM Families Welcome

Book Club #2 Orders Close

FROM THE PRINCIPAL

Dear Parents / Guardians

Happy Week 7. I hope that everyone enjoyed the long weekend and had the opportunity to spend some time with family and friends in the lovely sunshine. Term 1 is flying by and we are excited about the upcoming Parent Teacher Interviews that will be taking place in Week 10 (Monday 1st April – Wednesday 3rd April). This will be a wonderful opportunity for parents to meet with teachers to discuss student progress and the next steps in learning.



This Friday we will be attending the Grand Prix with over 200 students from Year 5 and Year 6. This will be a wonderful opportunity to see the science, engineering and mathematics behind the Grand Prix. We are also ecstatic about the opportunity for 8 of our female students to be attending a specialised clinic engaging with Lego and engineers, as well as meeting a working pit crew. Keep a look out in next week's Link with more information.



International Women's Day

Last week we had some of our wonderful female leaders attend a special professional learning twilight seminar. This event was held in North Melbourne at BASTOW. Our leaders who attended commented on the inspiring speakers and that it was wonderful to hear from students who have credited their gains from their primary and secondary school experiences and opportunities.



CURRENT



HOLLY FERLING



CAL WILSON



TIM DIAMOND



LEISEL JONES



LIV PHYLAND - HOST

Young Leaders Conference

On Monday the 18th of March our Year 6 student leaders will be attending the young leader's conference. This will be an exciting opportunity for our leaders to meet and engage with other student leaders from across Victoria. This is an event in which we participate in annually and we are thrilled to be hearing from the above speakers.

FROM THE PRINCIPAL

ICT at Hillsmeade Primary School

This year we are delighted to be offering Digital Technology as a specialist subject. Martine Ziino will be leading this curriculum area across the school and we have already received some very positive feedback about students engaging in the learning in this area.







STEM GEMS IN ACTION

It has been really wonderful to hear the excitement from our Year 4 girls involved in STEM GEMS. They have been engaging in some wonderful work within the local school environment and we look forward to hearing more about their learning and projects in the coming weeks.

DID YOU KNOW?

Hillsmeade Newspaper

Attention students Year 4 - 6!

Do you like to read and stay informed about what is happening in your school and local community?

Do you enjoy writing and long for a place to publish your opinions, reviews, stories and research for a large audience?

Well stay tuned...the kids are taking over the press!

Watch this space for the announcement of our very own student led Hillsmeade Newspaper!

Amelia Thomas & Angela Herres





FROM MR CARDAMONE

Good afternoon Hillsmeade,

We are very excited to announce that Hillsmeade will have its first parent forum for the year. The focus will be on building structures, routines and expectations. Please see the flyer in this link for more information. If you have any questions, see Crystal Wells or myself. We look forward to seeing you there.

I hope everyone has been keeping cool over the last week!!! We had our first BeYou Action team meeting a couple of weeks ago. We are very excited to support the schools transition from KidsMatter to BeYou. In case you forgot, BeYou is a framework that focuses on five domains that cover mental health and wellbeing of our student,

At our meeting we discussed what our needs are at the moment. This framework is flexible and we can decide which domain we wish to focus on and for how long.

Domain 1: Mentally healthy communities

Domain 2: Family partnerships

Domain 3: Early support

Domain 4: Learning resilience

Domain 5: Responding together

We will be having another BeYou action team meeting over the coming weeks to have a more in-depth discussion about this.

As stated in the Link previously, there is a wealth of information on the BeYou website (https://beyou.edu.au/) on a range of different topics in regards to our mental health. I will be sharing this with you over the coming weeks.



This week's topic from the BeYou website is:

"Families Matter

For most individuals. the family environment and family relationships have the biggest impact on life outcomes. Positive family relationships can help children and young people flourish, but adverse experiences can negatively impact their wellbeing and subsequent development. All families are unique. Supporting families involves recognising

that they come in all shapes and sizes, with different needs and circumstances.

Research shows the quality of family relationships is more important than their size or composition.

Whoever the family is made up of, they can build strong, positive relationships that promote wellbeing and support children and young people's mental health.

staff, families and our community. I added this diagram the other week in the Link, however I think it is really important that we become familiar with this as it will be a big focus over the coming years at Hillsmeade.

FROM MR CARDAMONE

Childhood experiences have lasting impacts

And the relationships children and young people experience directly impact their wellbeing. Those provided with social, emotional and physical support are more likely to reach their full potential and experience better health outcomes in adulthood.

Families directly affect development and long-term wellbeing

The home environment and family functioning are the biggest influencers on development, with the learning environment the next most influential setting.

Healthy family relationships help children and young people feel secure and loved. This state impacts their brain development and sense of self (that is, a realistic sense of their skills and abilities, and where and how they fit into the world). Positive relationships with family support individuals in building independence, responsibility, confidence and trust. They provide a place where these can be explored safely, where there's guidance and room for mistakes. Families also give children and young people a model from which they learn about relationships and how to build connections throughout their lives. Children and young people who learn healthy relationship skills are more likely to experience positive peer relationships and grow up to become confident and resilient individuals".

If you would like to know more information, please let me know. Thank you.

John Cardamone Leading Teacher in Social and Emotional Learning 'It's everyone's business'





Hillsmeade Primary School is excited to announce our next parent workshop, 'Setting up for Success', presented by **John Cardamone** (Leading teacher in Social and Emotional Learning) and **Crystal Wells** (Assistant Principal Wellbeing)

What: This workshop will explore the importance of routines and expectations and share strategies to support children during tough times.

When: 4th of April 6:30pm – 7:30pm (seated by 6:20pm)

Where: Hillsmeade Primary School staffroom

Why: At Hillsmeade, we value the partnership between school and home and we believe if we can continue to work together this will only benefit your children. Our education state targets are:

'Learning for life'

'Happy, healthy and resilient kids'

'Breaking the link'

'Pride and confidence in our schools'

Please register your name (and anyone else joining you) with the front office via phone or email.

RSVP: March 29th

Through these workshops, we hope to not only strengthen our partnership with families but also the connections between the families of Hillsmeade. While John and Crystal will be presenting information about this topic, there will also be plenty of discussion time, opportunities to share successful strategies you use at home and share questions or challenges you may be experiencing.

Congratulations to our

HILLSMEADE HEROES:

00A Sara A Ibrahim Y	1A Leehana M Grace C	2A Trinity A Aadish C	3A Alice-Lilly S Will M	4A Hayden F Jayline V	6A Hussain Q Abigail K
00C Adu M Charlotte T	1C Liviah K	2B Sammy R Khang L	3B Kaan F Owen H	4B Zahra H Cooper T	6D Natasha K Kyle S
	1D Abhinav J Sartaj A		3C Jake N Danni Z	4C Joon S Navida M	
	1E Chloe R Tankia L		3E Ben G Tilly C	4D Tayte G Skye A	
		'		4E Tusky M Sammie L	



Please Note

Due to the high number of families interested in the Teeth on Wheels service, they have rescheduled in order to accommodate the number of students engaging in their dental service.

The dates Teeth on Wheels will be onsite are as follows:

May 20^{th} , 22^{nd} , 23^{rd} , 24^{th} , 27^{th} , 28^{th} , 29^{th} , 30^{th} , 31^{st}

June 3^{rd} , 5^{th} , 6^{th} , 7^{th} , 12^{th} , 13th, 19^{th} , 20^{th} , 21^{st}

Robogals



Science & Engineering Day 2019



MELBOURNE





Date: 20th April 2019, Saturday

Time: 10AM - 2PM (Arrive at 9.30am for 10am start)

Location: Monash University, Wellington Road Clayton, VIC 3800, Australia

Register here: http://tinyurl.com/melbourne-sed





https://sciencechallenge.org.au/ index.php/the-robogals-sciencechallenge/

EASTER SPECIAL



hot cross bun & a drink

(Oak milk or Juice)

Our Easter Special Meal Deal will be held over 2 days

> Grades Prep - 2 Monday 1st April Grades 3 - 6 Tuesday 2nd April

ALL ORDERS MUST BE PLACED ON QKR NO LATER THAN

FRIDAY 22ND MARCH

Orders will be delivered to classrooms at lunchtime

This is a Qkr! Only event









Constipation and Children

https://www.betterhealth.vic.gov.au/ health/ConditionsAndTreatments/ constipation-and-children





MENTAL HEALTH 101: STRESS AND ANXIETY

The editor and founder of Parent Guides, Eileen Berry, with special guests from headspace and PoPsy, will inform and spark open, honest and meaningful conversations with parents around all-things Mental Health. Free event - Bookings essential - Visit www.bunjilplace.com.au/mental-health-101

Free event, bookings essential.

See tinyurl.com/cclcevents for more events.

BUNJIL PLACE STUDIO

Patrick Northeast Drive, Narre

Thursday 28 March

• 7:00 PM to 8:30 PM





2020 Year 7 **Information Evening**

Monday 18th March at 6:00pm in the College Gym









Information will be provided about our Year 7 curriculum and our Special Interest Programs

For further information please contact the College 03 9704 3333 or visit http://www.nwsc.vic.edu.au/

BECOME A HOST FAMILY IN JULY 2019!



REQUEST A FREE INFO PACK / SMS 'HOST' to 0428 246 633



HOSTING AT A GLANCE:

- Hosting is voluntary
- You choose your student
 Students attend high school full time
- 24/7 support provided
 Host families come from all over the state
 Students come from all over the world and stay for a short term (8-10 weeks), a semester or a year.

HEAR FROM A HOST MUM

"Hosting has been one of the most rewarding and exciting experiences for our family. Romane, our student, was definitely one of the most kind and pleasant people we have met and right from the start was a perfect fit for our family. Being able to share this experience has had a positive effect on

CAMILLA (16) ITALY

The list of activities I like to do in my free time is long, so I am never bored! Singing is my biggest passion and I hope to become a singer one day. I love reading. I also really enjoy photography. When it comes to sport, swimming and basketball are on top of my list! Thank you if you are going to choose me, I promise I'll be a perfect "daughter"!

MORE PROFILES: WEP.ORG.AU/HOST



WEP.ORG.AU/HOST / 1300 884 733 / INFO@WEP.ORG.AU

Moonlit Sanctuary KEEPER CLUB

Go wild these school holidays!

If you have some junior wildlife lovers looking for fun over the holidays, check out our Keepers Club holiday program.

In a day full of fun hands-on activities, they will get up close to many animals including dingos and pythons and learn how their keepers work to keep them happy and healthy.

Places are limited so book early and make your junior keeper's day!

For ages 7-14. Cost: \$80



moonlitsanctuary.com.au | t. 5978 7935 | e. bookings@moonlit-sanctuary.com

FROM THE COMMUNITY

<u>EVENT</u>	CONSENT/PAYMENT DUE	EVENT DATE
Grade 5/6 Grand Prix	08/03/2019	Friday, March 15th 9:00AM - 3:00PM
Grade 1 Chicken Hatching	11/03/2019	Monday, March 18th 9:00AM - Friday, March 29th 3:30PM
Prep Responsible Pet Incursion	13/03/2019	Wednesday, March 20th 9:30AM - 12:30PM

If you would like to place an advert in the Link please see the friendly office staff.

School banking is Tuesday!

