

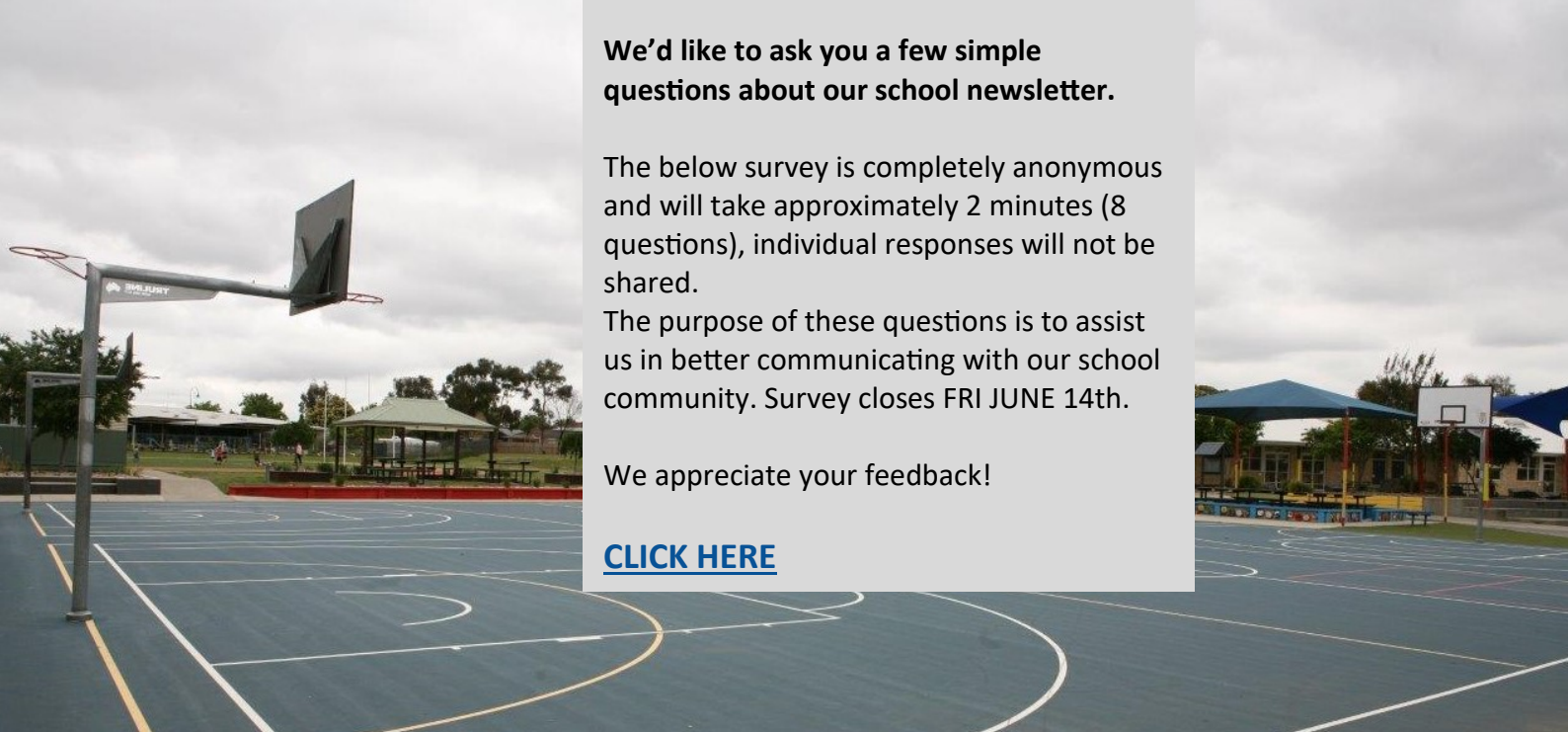
We'd like to ask you a few simple questions about our school newsletter.

The below survey is completely anonymous and will take approximately 2 minutes (8 questions), individual responses will not be shared.

The purpose of these questions is to assist us in better communicating with our school community. Survey closes FRI JUNE 14th.

We appreciate your feedback!

[CLICK HERE](#)

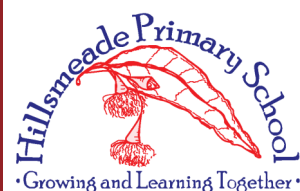


The Link

Hillsmeade Primary School Newsletter

Issue No 15—WED 29th MAY

TERM 2
2019



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

WHO? WHAT? WHEN?

MON	TUES	WED	THUR	FRI
27th MAY Teeth on Wheels	28th MAY Teeth on Wheels	29th MAY Teeth on Wheels Divisional X-Country 9:15 -1:30PM	30th MAY Teeth on Wheels	31st MAY Teeth on Wheels Whole School Assembly 2:45 in the GYM
3rd JUNE Teeth on Wheels	4th JUNE School Tour for Prospective Families 10AM @ Front Office	5th JUNE Teeth on Wheels Lightning Prem 9:00- 3:00PM	6th JUNE Year 3A/B/C Start Smart Banking	7th JUNE Electives Grade 4 Disability Awareness Guest Speaker 10AM
10th JUNE <u>QUEEN'S BIRTHDAY PUBLIC HOLIDAY.</u>	11th JUNE Year 3D/E/F Start Smart Banking	12th JUNE Teeth on Wheels	13th JUNE Teeth on Wheels 'Autism and ADHD' Parent Workshop 6:30-7:30PM	Whole School Assembly 2:45 in the GYM



The link this week has been written by Miss Smith and Miss Wells on behalf of Mrs Bray

FROM THE PRINCIPAL



Dear Hillsmeade Primary School Community,
Happy Week 6! We are over the halfway mark of a very busy Term 2. Last week we celebrated Education Week. In addition to Maths Games Night and National Simultaneous Storytime, we held a dress up day on Thursday 23rd May. The theme was 'When I grow up...' and connected to Education Week's focus on 'Celebrating Careers'.

Classrooms were filled with builders, fashion designers, astronauts, police officers, hairdressers, chefs and many more exciting future professions.



Our teachers dressed up as what they wanted to be when they were a child!



when i grow up...



when i grow up
 i want
 to be a
 doctor



When I grow up I want to
 be a ^{teacher} teacher.
 Because I like to draw on the
 whiteboard.

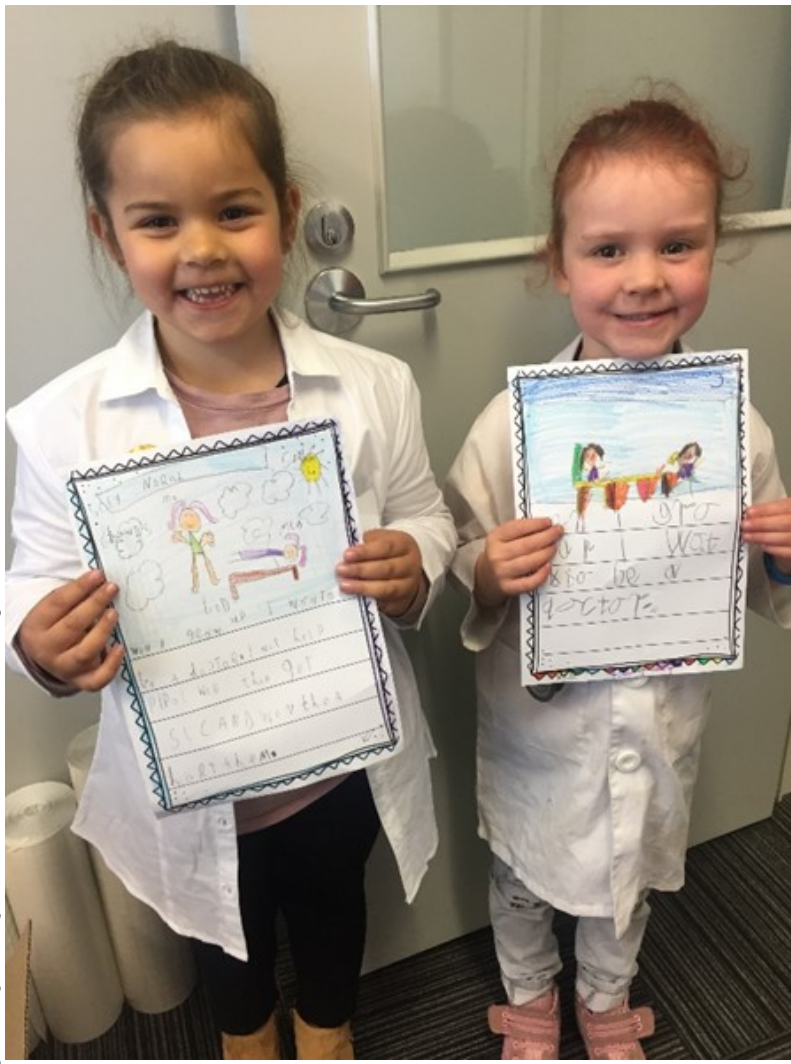


When I grow up I want to
 be a ^{photographer} fotograff



when i grow up i
 will be a artist

The excitement of Dress Up Day sparked some wonderful writing pieces in Prep.



FROM THE PRINCIPAL

Staff Mental Health and Wellbeing Week

Staff Mental Health and Wellbeing Week occurs at the mid-point of each term, to promote positive tools and strategies for staff self-care and management. Our Staff Matter Team have been promoting 'Mental Wellness in May' and this week have coordinated a range of after school sessions to support positive mental health and wellbeing. Staff have had the opportunity to sign up to optional sessions including Yoga and Mindfulness, Techniques for Time Management, 'Crafternoon' candle making and an after school activity Ten Pin Bowling. Thank you to the Staff Matter Team for their support of our hardworking staff.



23/5/19 My favourite meal - Lasagna

Ingredients: ground beef and pork, Lasagna noodles, onion chopped, shredded mozzarella cheese and cheddar cheese, Ricotta cheese, Bolognese pasta sauce, canned tomato paste, Diced tomatoes, Sour cream, Minced garlic, salt, Italian Seasoning, Garlic powder, sugar, Black pepper.

Recipe

1. Cook the lasagna noodles according to the package instructions.
2. In a large pot add sauce, diced tomatoes and tomato paste. Once boiling add Italian seasoning and sugar.
3. In a pan add ground meat and chopped onions. Once brown, add salt, garlic powder, minced garlic, and pepper.
4. Cook until well done.
5. Add the meat into the sauce and mix well.
6. In another bowl mix together mozzarella cheese, ricotta cheese and sour cream.
7. Preheat oven to 180°C.
8. Take a large baking pan and coat

the bottom of the pan with meat sauce.

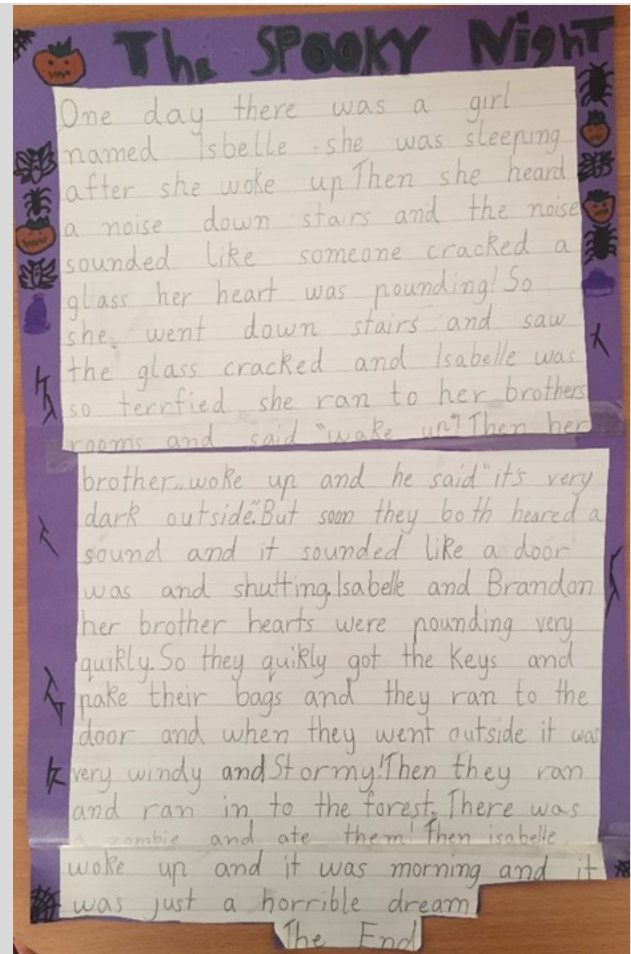
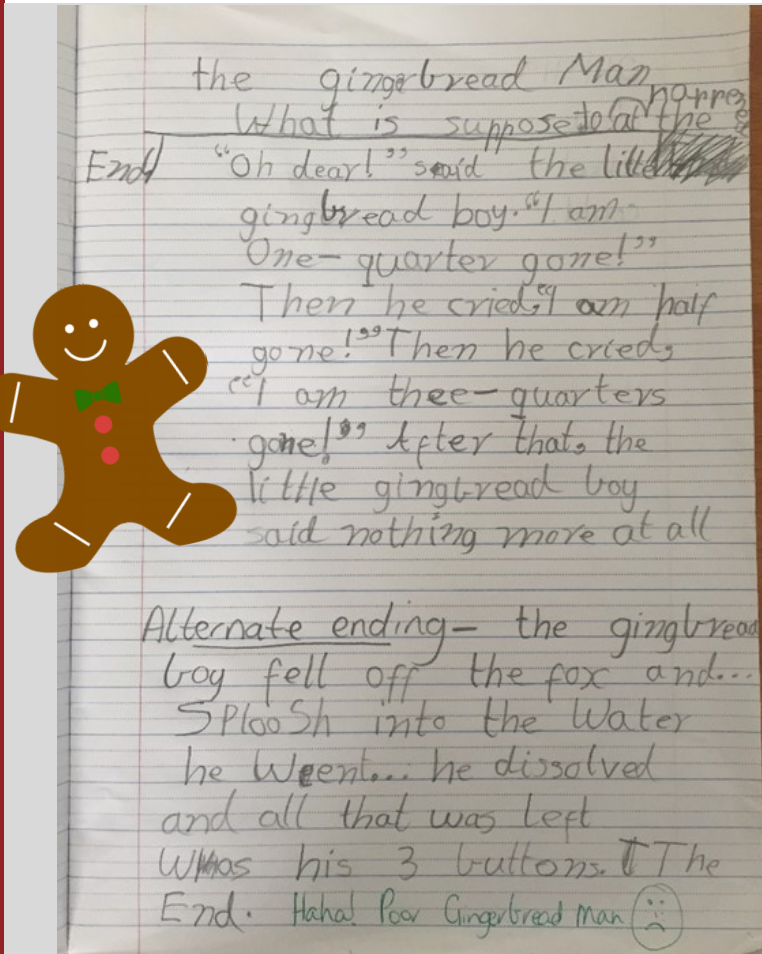
9. Layer the lasagna noodles and coat with the cheese mixture.
10. Add some shredded mozzarella cheese and cheddar cheese.
11. Continue layering until the pan is full.
12. Bake for 35-40 minutes.
13. Rest the lasagna for 30 minutes and then enjoy the delicious Lasagna.

Year 3 Writing

Students in 3B were proud to share some of their writing this week! Can you spot their use of the 6 + 1 Traits of Writing? On the left is Aadi's favourite recipe.



FROM THE PRINCIPAL



Aisha's creative ending of 'The Gingerbread Man'.

Alyshia shared some fantastic imaginative writing.

'The greater the
 storm the brighter
 the rainbow'

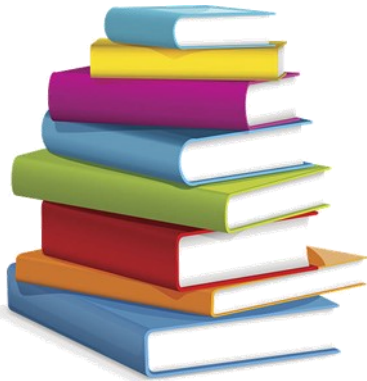
Thank you Mrs Bampton for the great photo!



FROM THE PRINCIPAL

Every Day Counts!

At Hillsmeade Primary School, we encourage all students to attend school **all day, every day**.

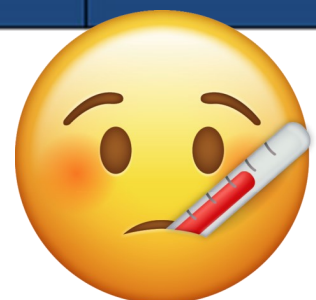


Each day's learning builds on what has been learnt before. Missing even one day can make it harder for your child to keep up with their learning

Every absence adds up!

He/She is only missing just...	that equals...	which is...	and over 13 years of schooling that's...	Which means the best your child can perform is...
1 day per fortnight	20 days per year	4 weeks per year	Nearly 1½ years	Equal to finishing Year 11
1 day per week	40 days per year	8 weeks per year	Over 2½ years	Equal to finishing Year 10
2 days per week	80 days per year	16 weeks per year	Over 5 years	Equal to finishing Year 7
3 days per week	120 days per year	24 weeks per year	Nearly 8 years	Equal to finishing Year 5

With cold & flu season upon us, it is important to make decisions about attendance based on your child's health. If your child is sick, please notify the school via [Compass](#) or calling the office on the morning of the first day of your child's absence.





STEAM Agency

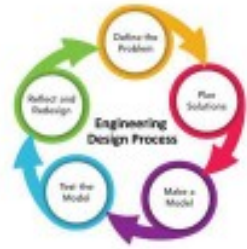


STEAM education is the learning of **science, technology, engineering, art and mathematics** in an interdisciplinary or integrated approach.
Miss Elkins and Mrs Bhardwaj



2019 CARDBOARD CHALLENGE

"Don't think outside the BOX – think of what you can do with the BOX!"



FROM THE SCHOOL COMMUNITY

Dr Freda's Visit - Student Writing

Dr Freda is an engineer.

Her job is to figure out ways to detect lung diseases and how to cure them.

On Tuesday the 21st of May, Dr Freda came to the steam room and visited the STEAM Agency and STEM Gems.

She talked to us about how the human lungs work as well as showing us a few video clips of rat and mice lungs. It was very interesting.

Her team is trying to develop their equipment so they can use it for humans too!

After she talked to us we got to ask her some questions. Then the STEM Gems left and the STEAM Agency got to talk to her about the project we're working on. **Alexandria J 5/E**

Teeth on Wheels will be on site at the school from today through to the end of term 2. If you signed up for an appointment for your children then they will be calling you to arrange a time during one of the days they are here.

The office does not have the schedule from Teeth on Wheels, and we're unable to tell you (or remind you) when your appointment will be. If you have any questions you can contact Teeth on Wheels:

info@teethonwheels.com.au

(03) 9338 1191



EMPOWER HOUR IN YEAR 3

Each Monday at Hillsmeade, students in year 3 begin their week with Empower Hour. From 9-10, students reflect on their learning goals from the previous week and set personal learning goals for the week ahead. 3A recently explored a creative approach to this by recording their learning goals on trioramas they made and sharing these with their classmates. **Miss Tabitha Carter**

- Amelia- I think it helps everyone learn more about what their goals are and what's going on around the school.
- Gemma- It helps everyone see that we are all different in different ways and we all have to show the I-RESPECT values. Every week we focus on a different value and do different activities each week.
- Will- Every Monday we write on our trioramas. Our goals are for reading, writing and maths. We write them and see if we achieved them. Sometimes we do and sometimes we don't.



FROM MR CARDAMONE



Good Afternoon Hillsmeade Community,

I hope it has been a positive week.
Nearly half way through the term!!! I
hope everyone is staying warm!

Last week we mentioned about the
morning clubs that Hillsmeade offer,
below is a list of the recess and lunchtime clubs we
have on offer to support our students.

Maths Club has started back for Term 2. Ms Szalek and Miss Parmenter are excited to spend each Tuesday recess with lots of young mathematicians as we play games promoting mathematical problem solving, targeting logistical reasoning and challenge each other to think strategically in a collaborative and fun environment. We are introducing students to different board games, card games and dice games that are easily accessible both at school and at home. We would love you to ask your child about these and continue to practice and teach their families some of their new and wonderful skills. If you or your child are interested in joining our maths club, we meet each Tuesday recess in the STEAM room.

Homework Club runs each Thursday lunchtime in the Library with Ms Szalek. If you have some home reading, writing, maths or just want to reflect on your learning goals for the week, please come to use the time with Ms Szalek there to help you. Recently, students have been bringing in their maths conference journals to ask questions, gain feedback and reflect on their learning journey. Hope to see you there!

Story time with Lucas Hey kids! If you like reading you're sure to like **Story time with Lucas!** It's super fun! It's happening at the peace pod. It's happening Wednesday and Thursday at recess. See you there. Lucas S 3C

Junior Lego Club This term the juniors have the opportunity to participate in the Lego Club every Friday 1:45pm-2:15pm. Through play they are learning the IRESPECT values and exploring their creative abilities. The Lego Club gives students the opportunity to be engaged during the lunch break. It is encouraging to see so many students keen to work together in teams.

Steam Agency

STEAM education is the learning of science, technology, engineering, art and mathematics in an interdisciplinary or integrated approach every Monday lunchtime with Miss Elkins and Mrs Bhardwaj

Year 6 Art Club

Ms. Elliot runs art club every Monday lunchtime for 5/6 Grade students. They get to show their creative side.

Art Club

Ms. Elliot runs art club every Wednesday lunchtime where students get to show their creative side. Open to all students.

Story Podcasts

Every Friday lunchtime in the peace pod Ms. Wells will put a cool podcast on where students and teachers grab a bean bag, relax and listen.

Senior Choir

Senior choir takes place every Tuesday lunchtime in the music room with Mr Lewier, Mrs Bampton and Mrs Scott. We welcome students of all abilities from Grades 3-6 who have an interest in singing. Studies show that singing in a choir improves our mood, with a decrease in stress, depression and anxiety and creates a sense of community and belonging. Students who were chosen to represent Hillsmeade PS in the Victorian State Schools Spectacular rehearse every Wednesday in the gym. They are practising a range of complex dances which they will perform with over 1200 students on Saturday 14th September at the Melbourne Arena.

Stem Gems

STEAM education is the learning of science, technology, engineering, art and mathematics in an interdisciplinary or integrated approach every Wednesday lunchtime with Grade 4 girls. Miss Elkins and Mrs Bhardwaj

As you can see we have lots on offer during the week to support our students for them to feel connected, supported and create opportunities.

If you have any questions, please let me know. Thank you.

John Cardamone - Leading Teacher in Social and Emotional Learning

'Social and emotional learning... It's everyone's business!'

PROJECT MAGNET

PARENT WORKSHOP



‘What is Autism and ADHD?’

Hillsmeade Primary School is excited to announce our next parent workshop, What is Autism Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD)? presented by Dr. Beth Johnson and Ms. Rachael Knott

What: This workshop will explore what Autism and ADHD are, how they are diagnosed, support and treatments available, and current research.

When: 13th of June 6:30pm – 7:30pm (seated by 6:20pm)

Where: Hillsmeade Primary School staffroom

RSVP: Via the office. No later than June 12th

9704 6313 or hillsmeade.ps@edumail.vic.gov.au

You can register for the MAGNET Project here <https://redcap.cdms.org.au/surveys/?s=J7EFRRH4PR> or visit <https://www.monash.edu/turner-institute/research/project-magnet> for more information. Through these workshops, we hope to not only strengthen our partnership with families but also the connections between the families and Hillsmeade. There will be discussion time, opportunities to share successful strategies you use at home and share questions or challenges you may be experiencing.

Why: Hillsmeade Primary School is partnering with Monash University and Monash Children’s Hospital to support the Monash Autism/ADHD Genetics and Neurodevelopment (MAGNET) Project. The MAGNET Project hopes to improve diagnosis and reduce time to diagnosis for autism and ADHD, but we need 1000 families from across Victoria who have a typically developing child, or a child with ASD and/or ADHD to take part in this important research. The MAGNET project team will be visiting Hillsmeade Primary School in the last week of Term 2 to complete the research with interested families. All families receive a clinical report once they have participated. In exchange, the MAGNET team are supporting Hillsmeade’s workshops for families, and assisting the STEM Gems program.

Cost: **NO COST** for the workshop or the MAGNET Project.

<https://www.monash.edu/turner-institute/research/project-magnet>

Contact the team for more information and to get involved!

Facebook: <https://www.facebook.com/magnetproject/>

Instagram: [monashmagnetproject](https://www.instagram.com/monashmagnetproject)

Phone: **+61 3 9903 1931**

Email: med.magnetstudy@monash.edu

OR, you can visit this webpage directly to learn more about the project and complete eligibility form: <https://redcap.cdms.org.au/surveys/?s=J7EFRRH4PR>



STEM GEMS



Empowering girls in science, technology, engineering, art and mathematics.

Dr Beth Johnson, Mrs Collins and Mrs Bhardwaj



In the last few weeks we have been learning about the brain and how we can use our other senses, not just our eyes to know what things are. Yesterday we did this by being blindfolded and we had to feel what the object was. I had fun doing it because sometimes I got it right and sometimes I got it wrong and that's what scientists do!

Hayley 4C

We are learning about the brain and how fast it can react and also to see how all the muscles work in our body. We did a test on this by having a group of three and one person dropped the ruler and another person had to catch it, one person had to record the results of how many centimetres it dropped before we caught it. My fastest reaction time was 2cm! It was fun because sometimes we dropped it and sometimes we didn't.

Eva 4D

We have been learning about what part of the brain does what with Beth the scientist, and we drew it in our science notebooks and we labelled it. We learnt which part of the brain controls our sight and we played a game learning how fast nerves tell each other what to do by touching them. We would do this by moving our fingers or moving our neck. Something that I really remember that the big part of our brain at the back coordinates our vision. I really like STEM GEMS because it gives me the opportunity to learn more and it's fun.

Ruby 4D



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**Don't forget
to hand your
stickers in!**

**Drop them in our
collection box**



Woolworths Earn and Learn is back for 2019

We will be collecting Stickers between 1st may and 25th June 2019. Earn and learn stickers and sticker sheets can be placed in the box in the main office at the school or in the box at Woolworths Casey Central. Extra sticker sheets are available from the school office.

Every Tuesday is:
School Banking
Day



Windmill
THEATRE COMPANY'S
PRODUCTION OF

Disney
BEAUTY AND THE BEAST

MUSIC BY **ALAN MENKEN** LYRICS BY **HOWARD & TIM ASHMAN** BOOK BY **LINDA WOOLVERTON**

BUNJIL PLACE THEATRE
JUNE 8 - 23, 2019

FOR SESSION TIMES & BOOKING INFORMATION VISIT:
www.windmilltheatre.com.au
or call 9709 9700

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2019 Women's Business Lunch
The Magic of Winging It

Join us as we welcome Emma Isaacs, Founder and Global CEO of Business Chicks as our guest speaker for the Casey Cardinia Women's Business Lunch.



Friday 9 August 2019

With some brilliant prizes on offer throughout the event, a fabulous two course lunch and a glass of bubbly on arrival, there's just one thing left to do - secure your seats today!

For more information and to secure your place visit <https://www.trybooking.com/487703>

This event is proudly supported by:
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View the full range of events at caseycardinia.com.au/events  

If you would like to place an advert in the newsletter, please see the friendly office team




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21 Melverton Drive, Hallam, 3803
Email: info@sterlingcalisthenics.com
Phone: Ginny 0412 180 866



All Ages Welcome, No Waiting List!

Find us at Sterling Calisthenics on Facebook and Instagram



Class Name	Recreational / Competitive	Age Group	Class Day	Class Time
White Tinies	Recreational	2 - 4yrs	Tuesday	10.15 – 11.00
Silver Tinies	Recreational	Under 7	Saturday	9.30 – 10.30
Red Tinies	Competitive	Under 7	Monday	4.15 – 5.45
Sub Juniors	Competitive	8 - 10yrs	Saturday	11.00 – 1.30

Calisthenics...

Is a one-stop shop for people looking to get involved with dancing, ballet, gymnastics and so much more.

We help to build confidence on and off stage!