

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!

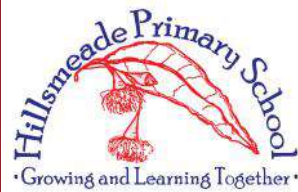
[CLICK HERE](#)

The Link

Hillsmeade Primary School Newsletter

Issue No 17—WED 12th JUNE

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
10th JUNE <u>QUEEN'S BIRTHDAY PUBLIC HOLIDAY.</u>	11th JUNE Year 3D/E/F Start Smart Banking	12th JUNE	13th JUNE <u>'Autism and ADHD' Parent Workshop</u> <u>6:30-7:30PM</u> Post Office Walk 1/CDEF	14th JUNE Whole School Assembly 2:45 in the GYM (Prep Performance) Newsletter survey closes
17th JUNE Classroom Open Afternoon 3:45-4:30PM	18th JUNE VSSS Regional Rehearsal 9:00-2:30PM	19th JUNE Gr 2 Cultural Inquiry Expo	21st JUNE	22nd JUNE
24th JUNE	25th JUNE	26th JUNE	27th JUNE Reports Available Via Compass	28th JUNE Whole School Assembly 1:45PM <u>LAST DAY OF TERM 2:30pm Pick Up</u>

SCHOOL HOLIDAYS Saturday 29th June - Sunday 14th July

FRIST DAY BACK FOR TERM 3 - Monday 15th July

FROM THE PRINCIPAL

Dear Hillsmeade Primary School Community,

Happy Week 8 everyone. I hope that you all enjoyed a long weekend with your families and are keeping warm and well in this chilly weather.

Professional Learning

Last week Sarah Smith and I attended the Education State Leadership Conference in the Exhibition building. This event included 1,000 Principals and Leaders from all across Victoria. This was a wonderful opportunity to engage in professional learning from International and National education leaders in relation to growth. It was exciting to positively connect the excellent work happening across our school, our network and the system.

A big thank you to the leaders that supported in our place so that we could attend.



Congratulations



A huge congratulations to Tabitha Carter who was the successful applicant for an Acting Learning Specialist Reading position beginning next term. This position will be important in our school in maintaining our focus on promoting student learning growth and engagement in reading.

Triad Observations

Over the next few weeks all Hillsmeade teachers are involved in lesson observations in the curriculum area of writing to promote our work towards improved teacher confidence, capacity and collaboration around Writing Teaching and Learning. This is a wonderful opportunity for professional learning for all involved to learn 'with', 'from' and 'for' each other.

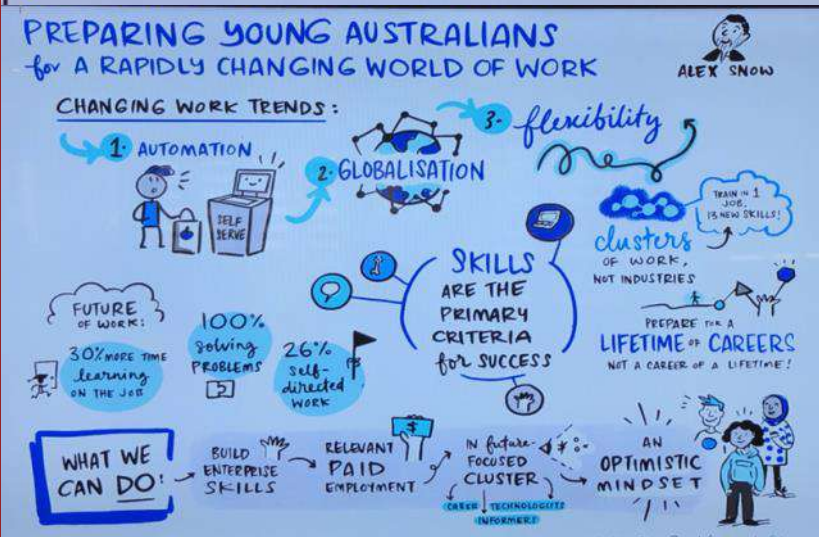
Reports

Teachers are currently preparing student achievement mid-year reports. A reminder that these will no longer be printed and will be available in Week 10 (Thursday 27th June) for download from Compass.

Assembly

This Friday there is assembly in the Gym at 2:45PM. The Preps will be performing. Families are encouraged to attend.

Jodie Bray, Principal



OPEN CLASSROOM AFTERNOON MONDAY 17TH JUNE 3:30 – 4:30PM

In line with our school's goal to provide high levels of student engagement in their learning and connectedness with each other, their teachers, school and community, we are opening our classrooms after school and invite all families to attend.



We welcome you to view student work, explore the classroom environment and learn more about teaching and learning at Hillsmeade.



To empower students and build school pride, Hillsmeade is working towards student-led conferences.

We look forward to sharing how our students set learning goals and are supported to achieve their next steps in learning.

Term 2 Professional Practice Days & Student Engagement Experiences

During weeks 9 & 10, students will be participating in some exciting and valuable learning experiences promoting social and emotional wellbeing.

We are very excited to welcome educators from the following programs to Hillsmeade and look forward to these excellent learning opportunities for our students!

AN AUSTRALIA WHERE WE FEEL SAFE, VALUED AND RESPECTED.



Qualified teachers from Bully Zero will present to students from grades 2-6 on topics including, the types of bullying, current statistics, the role of the bystander, strategies to respond to poor behaviour, empathy, respect, cyber safety and where to seek help.

**WE DEVELOP
ACTIVE,
CREATIVE, RISK
TAKERS!**

Footsteps specialises in curriculum, age-based movement programs for Foundation to Year 12 students. We deliver engaging and relevant dance and drama programs which have been developed around the Australian National Curriculum. Our programs develop students' social skills, confidence, fitness levels, creativity, expressive skills and coordination, ensuring we provide a safe, positive and stimulating environment for all students!

Footsteps

Being **BRAVE**

A resilience program for primary schools, using educational theatre to provide simple strategies for supporting emotional wellbeing and mental health.



Being Brave gives children strategies to deal with their emotions through good communication, persistence and positive self-talk - making them more resilient. This inspiring show uses song, dance and drama to give children strategies to bounce back after dealing with bullying, loss and change.

Researched and developed in consultation with teachers and school counsellors, this emotional wellbeing resource is carefully crafted to ensure children can relate to the scenarios.

FROM MR CARDAMONE



Good Afternoon Hillsmeade Community,

I hope it has been a positive week so far. We are so excited about the parent forum tomorrow night. **It's not too late to register!!!** If you would like to come, please register your name with the office team (**9704 6313**). Please refer to the brochure on the next page for more information.

This week we have another important article from Michael Grose. In past newsletters we have discussed anxiety, below is additional information on how we can help our children with this.

"If you're the parent of an anxious child, you're most certainly not alone. Millions of families all over the world are right there with you. Though it's helpful to know, we understand that it doesn't make the challenging role of parenting an anxious child any easier. What will be developing and deepening your understanding of childhood anxiety and the important role you play in helping them manage it.

While at first parenting an anxious child can feel overwhelming and difficult, I want you to think about it differently. Take a moment to recognise that you, your anxious child and your family have been presented with an opportunity. You can't change what is happening right in front of you. You can't undo it. What will help your anxious child to flourish, despite their anxiety, is first and foremost someone recognising they need assistance.

Noticing if your child is moving away from a more calm and relaxed persona to feeling more stressed, along with any accompanying behavioural change, is your cue to 'watch and wait' over time to see if these changes in fact point to anxiety.

What is anxiety?

Anxiety triggers part of the brain to fire up the fight-or-flight response or, as some aptly call it, the fight, flight, freeze or freak out response, to protect us from danger. It's an emotion, and like

other emotions it has a start, a middle and an end. Except when it doesn't. That's the experience for an estimated half a million plus Australian kids and 117 million worldwide experiencing an anxiety disorder. That's how far reaching and common anxiety has become.

For these kids, their experience of anxiety doesn't pass when the threat, danger or stressful situation has passed. The anxiety they experience can disrupt their day to day life and family life in both predictable and unexpected ways. Anxiety has the potential to stand in the way of kids being kids and their ability to enjoy the quintessential elements of a happy, relaxed, carefree, playful childhood; but it doesn't have to.

Anxious kids have a brain that works really hard to protect them from danger. A part of their brain is similar to the sentinel among meerkats who is always on their tippy-toes watchfully assessing the environment for threats.

This means that anxious kids spend an inordinate amount of time with their fight or flight response in full swing.

It's not by choice. It's exhausting, and not just for the kids. Whether the threat is real or imagined, the brain and body react in the same way. An oversensitive brain will protect, protect, protect, even if the 'threat' seems innocuous to everybody else, or possibly isn't even noticeable. Once the senses signal to the brain that danger is apparent, it's comparable to opening the floodgates. The anxiety cascade begins as does the fallout, making a hard job more challenging for parents of an anxious child.

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FROM MR CARDAMONE

How to know if your child is anxious

Anxiety exists on a continuum ranging from high calmness through to low calmness, mild anxiety through to high anxiety. This is different to the traditional view where anxiety is 'present' or 'absent'. Noticing if your child is moving away from a more calm and relaxed persona to feeling more stressed, along with any accompanying behavioural change, is your cue to 'watch and wait' over time to see if these changes in fact point to anxiety. Similarly, helping your child move in the direction of calmness helps buffer against stress.

Signs and symptoms of anxiety are grouped according to their impact on children's emotions and physiology, behaviour and thinking.

Emotionally and physically

It's common for anxiety symptoms to be physical given the changes that happen in the body when the fight or flight response is triggered. These include chest pain or discomfort, nausea, sleeplessness, tiredness, regularly crying over small problems, rapid heart rate and often appearing nervous.

Behaviour

It's hard for anxious kids to concentrate when they're feeling worried. It's equally challenging to concentrate when their body feels revved up like a race car that is stuck in the pits. It's no wonder anxiety shows in behaviours such as excessive fear of making mistakes, perfectionism, avoidance of activities that they feel worried or scared about, refusing to attend sleepovers and many other behaviours.

Thinking

As the minds of anxious children are often on the lookout for threats and danger, they're thinking all the time: reflecting on events of the past, analysing situations and reactions from every angle, wondering what's going to happen next and worrying. If there was a 'Worrying Olympics', anxious kids would be gold medallists. Worrying and overthinking is a sign of anxiety.

How to help

1. There is so much you can do as a parent or teacher to assist your child to better manage their anxiousness. Start with the following three approaches:

Learn how anxiety works

A thorough understanding of the physiology and psychology of anxiety, the events that trigger anxiety in your child and how your child typically responds is the most important step you can take. This knowledge will increase your confidence which, in itself, will be a considerable source of calm for your a child.

2. Give your child the tools to self-regulate Anxiety won't disappear on it's own. Children and young people need tools to recognise and regulate their emotions so they are able to function when anxious moments appear. Self-management tools such exercise, deep breathing and mindfulness will reduce their dependence on you, allowing them to manage their anxious states. These lifelong skills are invaluable for anyone who worries or who has a tendency towards anxiety.

Develop a lifestyle that minimises anxiety A child's lifestyle also impacts massively on their anxiety. Anxiety management tools will never be totally effective until it's supported by a lifestyle that promotes a healthy mind and body. These seven lifestyle factors in their own way decrease the likelihood of a child experiencing anxiety: sleep, nutrition and gut health, play and movement, green time, knowing their values, volunteering and fostering healthy relationships.

While parenting an anxious child is an emotional rollercoaster, try to see each day as an opportunity to build greater awareness and resilience in your child.

Each day is peppered with pockets of time in which you can extend your child's understanding of anxiety, where it comes from and why, as well as guiding them to practise the skills that show their amygdala they're safe, calm their nervous system and restore their thinking brain back into action".

If you have any questions, please let me know.

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>



It's been a wet couple of weeks which means lots of puddles!
Please remember to pack a spare set of clothing for your child.

During the winter months, we often have families seeking used uniform items including, jumpers, jackets and long pants. If your child has outgrown theirs, we would be grateful for donations of washed winter uniform items.

THE VICTORIAN STATE SCHOOLS

SPECTACULAR



Important - Ticket Information

We are so proud of the Hillsmeade students participating in the *2019 Victorian State Schools Spectacular: Made of Stars*.

The Spectacular brings together government school communities from across Victoria. Fittingly, this year's theme, *Made of Stars*, will feature a galaxy of out-of-this-world performances showing that these students are made of star stuff.

The three-hour live show – involving music, dance, skateboarding and circus arts – will be performed to an audience of around 12,000 people at Melbourne Arena on Saturday 14th September over two shows at 1pm and 6:30pm.

Tickets for the show go on sale at **9am Wednesday 12th June** via www.ticketek.com.au/spectacular

Adult: \$40

Child Under 15: \$20

Concession: \$30

Buy 10 tickets and get one adult ticket free (the 11th ticket is free) by calling Group Bookings on **1300 364 001**.

If you would like to purchase tickets nearest the Hillsmeade students, then you will need to book seats nearest quadrant 1 (it is suggested to purchase tickets in sections 19-24, or 46-47). I would recommend that you book early as last year over 5,500 tickets were sold within the first few days.

If you have any questions about the VSSS, please do not hesitate to contact me. **Ms Lisa Scott (Music Specialist)**

WHAT'S ON

VISUAL ART

NGV

In a dual presentation of Chinese art and culture past and present, the Melbourne Winter Masterpieces series at the National Gallery of Victoria presents China's ancient terracotta warriors alongside an exhibition of new works by one of the world's most exciting contemporary artists, Cai Guo-Qiang.

<https://www.ngv.vic.gov.au/exhibition/terracotta-warriors-cai-guo-qiang/>



[Möller: A Thousand Tides Vera](#)

Step into the created world of Vera Möller and experience captivating paintings and sculpture of imaginary underwater species inspired by the coast of Western Port Bay.

<https://www.bunjilplace.com.au/events>

[Intrude](#)

Some very large white illuminated rabbits have been popping up at festivals all around the world and now they're invading...Bunjil Place (gulp).

BUNJIL PLACE



HILLSMEADE PS

ART CLUBS

Year 5 & 6



Art clubs are held on Monday and Wednesday and lunchtime. On Wednesday students have the opportunity to create more artworks using a variety of media. Some of the Year 5 & 6 students attended an art club to further develop their artistic skills. In this club they have the opportunity to choose what media they wish to work with.

Art club



FROM THE SICKBAY - HAND FOOT AND MOUTH DISEASE



Summary

- Hand, foot and mouth disease is usually a mild viral illness which is common in children.
- Diagnosis is made by a local doctor, and there is no specific treatment.
- Good personal hygiene is important to prevent spread of the disease

Hand, foot and mouth disease (HFMD) is caused by a virus (usually from the coxsackie group of enteroviruses, particularly coxsackie virus A16). It causes blisters on the hands and feet, in the mouth and often in the 'nappy' area. It is generally only a mild disease that lasts seven to ten days.

HFMD occurs mainly in children under ten years of age, but can also affect older children and adults. Outbreaks may occur in childcare settings. By the time they are adults, most people have been infected with the virus that causes this disease.

Spread of hand, foot and mouth disease

This infection is spread by direct contact with fluid from the skin blisters, nose and throat discharges (including saliva, sputum or nasal mucus), droplets (sneezing, coughing) and faeces (stools). Good personal hygiene is important to prevent spread of the infection to others.

The skin blisters of HFMD are infectious until they become crusty and there is no fluid in the blisters. The virus may also be shed in the faeces (poo) for several weeks after the blisters resolve.

Symptoms of HFMD

People usually develop symptoms between three to seven days after being infected.

The most common symptoms include:

- High temperature (fever)
- Sore throat
- Small, blister-like lesions that may occur on the inside of the mouth, sides of the tongue, palms of the hands, fingers, soles of the feet and 'nappy' area.
- Children are often irritable, tired, and may be off their food.

For more information, please visit the Better Health Channel

<https://www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/hand-foot-and-mouth-disease?viewAsPdf=true>

Teeth on Wheels have met with all of the students who has returned their permission forms.

If you have any questions you can contact Teeth on Wheels:

info@teethonwheels.com.au
(03) 9338 1191

CANTEEN UPDATE

Check your QKR app for a range of available soup flavours!

Pizza, popcorn, milo cups and lifesaver icy poles are currently unavailable.

LOST PROPERTY

We have lots of lost property at the front office!

BEAUTY AND THE BEAST

THEATRE REVIEWS



Theatre Review by Gemma B 3/A

Hi, my name is Tienielle B and on Saturday I went to Bunjil Place to see Beauty and the Beast performed by actors from Windmill Theatre Company.

I loved the show so much I would love to see it again.

I couldn't believe my eyes when I saw all the characters. They look like the regular ones from the movie.

When I was watching I saw a girl from my school named Mikayla and my teacher from my school there to. She was helping backstage.

If I had to score the performance, I would give it a 9 out of 10 because it was really satisfying and a funny show.

I think that the people who organised the play spent a long, long time preparing the show.

So, I would like to thank everyone in the Windmill Theatre Company for all the work that they put into this show.

If you haven't seen the show you are missing out on all the fun.

So, buy your tickets NOW.

Tienielle B

4A

Title: Beauty and the Beast

Setting: This show is set in: A castle, a village, a forest

Rating: I give Beauty and the Beast 5 stars out of 5 because all of the singing and dancing really put everything together. It actually gave us more detail in what they were trying to say instead of just acting it out.

That's why I really loved Beauty and the Beast and I had an amazing time.

Summary: The story of Beauty and the Beast is about a girl named Belle who lives in a village and a Beast who was cursed by a witch. The Beast had to find love because he was selfish.

Gaston wanted to marry Belle, but she said no because Gaston wasn't the type of boy Belle wanted, he only cared about himself.

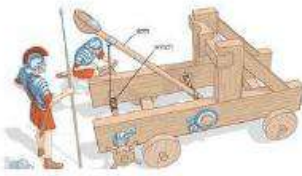
Belle heard that her dad was in trouble. So she went to help and sacrificed herself for him ...

Make sure you go and see the show so you know how it ends

My Favourite Part: The best part was when all the characters came all together and you got to see them on stage. My favourite part was when Belle said I really want to have a tour and Cogsworth bought out a big pointy flag and started walking around saying "to the left you will see a library and to the right you will see a very famous portrait".

“Make sure you go and see the show.

I'm sure you will have a nice time. You might see one of our students performing in it. Well done Mikayla. And Miss McKelvie for helping out.”



STEM GEMS



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

Designing and Making Catapults

Making the catapult in Stem Gems was exciting but difficult. My favourite part was watching everyone's catapult to see whose went the furthest. I also liked looking at everyone's designs and how everyone made theirs. *By Darcey 4A*

Making the catapult was so much fun. Me and my partner were thinking of so many ideas at the end it came out pretty good. We used a spoon, rubber bands and icy-pole sticks. We noticed the smaller balls went more far than the bigger ones. We tried the catapult and it was ok. It went up more instead of going forward. We tried lots of ideas until it moved forward. We tried one last time and it went forward. We were very happy with the finished work so it was time to launch them. We were so nervous plus excited. We really loved making them. *By Sibel 4B*



Dr Beth Johnson, Mrs Collins and Mrs Bhardwaj

C.S.E.F. - Do you have a health care card?



You may be eligible to apply for the CSEF (Camps Sports Excursion Fund) which gives each student \$125 per year to go towards Camps, Sports, Excursions and Incursions at Hillsmeade Primary School.

Applications must be submitted by Friday 21st of June 2019.



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.

Lunar Drive In

115 SOUTH GIPPSLAND HWY, DANDENONG. 9706 9988



SESSIONS AT WWW.LUNARDRIVEIN.COM.AU
Information correct at time of printing. All dates and films are subject to change.

Every Tuesday is: School Banking Day

13



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:
Event sponsors: Support sponsor: Media Partner: Radio Partner:

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



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: \$90



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