

UPCOMING CURRICULUM DAY:

FRIDAY 15TH NOVEMBER

STUDENTS DO NOT ATTEND

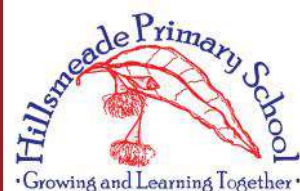


The Link

Hillsmeade Primary School Newsletter

Issue No 18—WED 19th 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
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 Regional Cross Country	21st JUNE	22nd JUNE
24th JUNE	25th JUNE Yr 1 Special Friends Morning 9-11AM	26th JUNE	27th JUNE Reports Available Via Compass	28th JUNE Crazy Hair Day Whole School Assembly 1:45PM LAST DAY OF TERM 2:30pm Pick Up

SCHOOL HOLIDAYS Saturday 29th June - Sunday 14th July

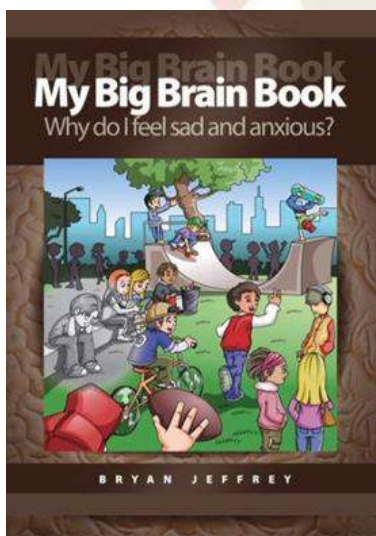
FRIST DAY BACK FOR TERM 3 - Monday 15th July

FROM THE PRINCIPAL

Dear Hillsmeade Community,

Happy Week 9 everyone. I hope that everyone has had a wonderful week and that everyone is trying to keep warm and well during this cold weather.

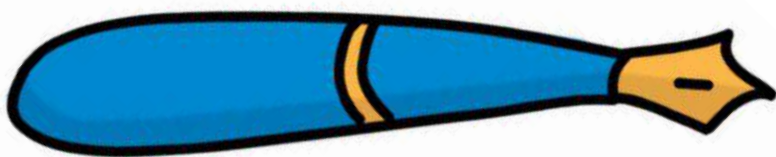
Curriculum Day Term 4



In Term 4 we will be having a Curriculum Day on Friday 15th of November. Students are **not required at school** on this day. This curriculum day will be to support whole school professional learning in the area of mental health and wellbeing. As a school we have been lucky enough to secure presenter Bryan Jeffrey, author and mental health practitioner.

Fresh Words Competition

A huge congratulations to two of our Year 6 students who have been named as finalists in the Fresh Words Writing competition. Well done to Nyah F and Sienna D. We wish them the best of luck for Thursday the 27th of June at the event at Bunjil Place.



Term 3 Junior and Senior Disco

Next term our Year 6 students (alongside some very excited staff) will be hosting a Junior (Prep -2) and Senior (3-6) Disco during lunchtime. This will be run by the students for the students. More information to be shared soon.

Electives

This Friday will be our electives program. Have a great week.

Jodie Bray—Principal



Helmets

A reminder for our school community about the importance of wearing a helmet when riding a bike or scooter. Unfortunately we have noted a growing amount of students not wearing a helmet when riding to or from school. A frightening near miss accident was observed by a parent last week on Robinswood Parade. Please remind students about the importance of wearing a helmet. Helpful information is located on the below websites to assist in this conversation.

<https://www.vicroads.vic.gov.au/safety-and-road-rules/road-safety-education/helmet-tips-for-parents-and-carers>

“Research shows that wearing a bicycle helmet reduces the risk of head injury by 60 to 90 per cent.

Of children aged 0-9 years who were fatally or seriously injured, only 42 per cent were wearing helmets (according to police reported crashes between 2004 and 2008). A bicycle helmet will only protect your child’s head if it is the right size and fitted correctly.”

“An accident can happen anywhere, and it only takes an impact with the ground or concrete to sustain a head injury.

Children should always wear a helmet when using tricycles, bicycles, scooters, when travelling as a passenger on an adult’s bike, in a bike trailer, or when using any other wheeled item. It is important to teach your child to take their helmet off when they finish riding and before they move to another activity. The straps on a helmet can get caught on furniture and play equipment if they are still wearing their helmet.”

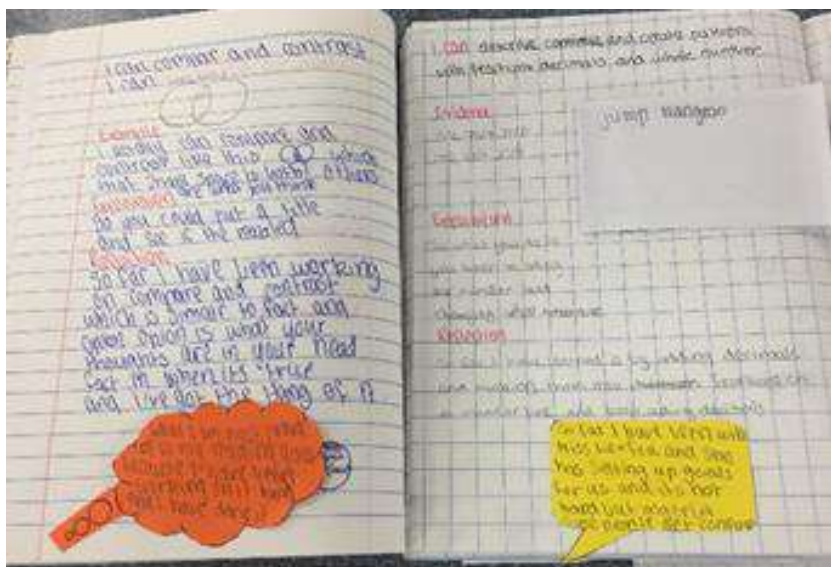


OPEN CLASSROOM



AFTERNOON

On Monday 17th June we opened our classrooms after school and welcomed families to have a look at their child's work, the classroom environment and to learn more about teaching and learning experiences at Hillsmeade. Students proudly guided their parents and siblings around the classroom and it was wonderful to hear them confidently discussing their learning. We have another Open Classroom opportunity coming up in Term 3, this time to be held in the morning.
Miss Sarah Smith - Assistant Principal



FROM THE COMMUNITY

CRAZY HAIR DAY



Crazy Hair Day at Hillsmeade Primary School

Gold coin donation

WHEN: Friday the 28th of June

HOW: Please come to school in school uniform but with CRAZY hair *prizes for the most creative

WHY: to raise money for the Chloe Clash

In support of the Royal Children's Hospital Foundation.



CRAZY HAIR IDEAS



The Chloe Clash

The Chloe Clash is back for 2019. A few of last year's players got together a couple of weeks ago for practice and a catch up. Players were presented with the official game ball for the 2019 Chloe Clash to be held on 5th to the 6th of July. This is a 24 hour marathon game combining two sports into one game. Today our Everydayhero donation link to the Royal Children's Hospital officially opened. If you would like to donate to RCH Chloe Clash follow the link below and get behind these amazing young athletes in support of a wonderful hospital.

If you would like to donate please visit:

<https://give.everydayhero.com/au/the-chloe-clash-2019-1>



FROM MR CARDAMONE



Good afternoon Hillsmeade Community,
Happy week 9! A big congratulations to Brock K, Tanika L, Jack L and Amelia S on receiving the IRESPECT wristbands, keep up the great work.

Last week we had our parent forum on autism and ADHD presented by Dr Beth Johnson. It was a full house, it was very engaging, lots of learning and lots of great discussions. It was amazing to have Dr Beth Johnson share her current research and share her own experiences. We hope to have her present on these topics again early next year. A big thank you to the leadership team for helping make this happen, Emma for supporting with the process from start to finish and Belinda and Rhys for providing entertainment for the children.

You can contact Beth and her team to be involved in a pilot program they are running. Please see the next page for more information.

This week we will be looking at Children and household chores by Michael Grose. We know that there are benefits when children have responsibilities around the house, however Michael talks about the connection between chores and money. You can find out more at <https://www.parentingideas.com.au/blog/encourage-kids-to-help-at-home-every-day-without-pay/>

“Confident kids are competent kids. Past experience has taught them that they can be successful. The easiest (and most neglected way) to help develop competency is to give kids opportunities to help out at home. Don’t overburden them with jobs. Sensibly allocate chores according to their age, interests and study requirements.

Expect children and young people to help without being paid.

Provide pocket money, but avoid linking it to chores. Helping in exchange for money develops in children a notion of ‘What’s in it for me?’, which is a self-centred view of life.

However, many parents tell me that they can’t get their kids to help unless they pay them. Those parents have made a rod for their own backs. It’s time for a change of tune. Don’t wait until they are old enough to help. Start now, regardless of age.

Toddlers and teens and all ages in between should be expected to chip in and help.

The term ‘chore’ definitely has an image problem. Use the term ‘help’ as it is easier on the ear and really does indicate what you want from your kids

Here are eight ideas to help you get your kids to help out at home without being paid:

1. Keep jobs real

Kids can sense it when parents give them jobs to keep them busy. Make sure the jobs you apportion make a real contribution to their own the family’s well-being.

2. Balance the personal chores with family jobs

Chores are generally divided into two areas. Jobs such as keeping a bedroom tidy benefits a child and jobs such as setting the table benefit the family. By doing this kids learn to contribute positively to family-life.

3. Place more difficult tasks on a roster

The children can refer to it when needed, which takes the load off you and removes the need to remind them. Rotate the unpleasant tasks frequently. And here’s the key to making rosterwork – place your self on the roster too! Kids are generally more willing to help when you as a parent are involved

4. Use Grandma’s principle to make sure jobs are done

Grandma’s principle means you do the less pleasant tasks first. That is, make sure jobs are finished before mealtimes or before starting pleasant activities such as watching television.

5. Avoid doing jobs for children

When children get the message that no one will do their jobs for them they will be more likely to help out.

6. Show your appreciation for their help

Make a fuss when they help so they know that their contribution to the family is valued. If you do it often enough they may even show their appreciation for all you do for them!

7. Keep your standards high

Don’t accept half-hearted efforts or half-completed jobs. If you think your child is capable of putting the cat food back in the fridge and placing the spoon in the dishwasher then insist that he or she does just that, rather than leaving the cat food on the sink. A job properly done is valued in the world of work, which they will eventually enter.

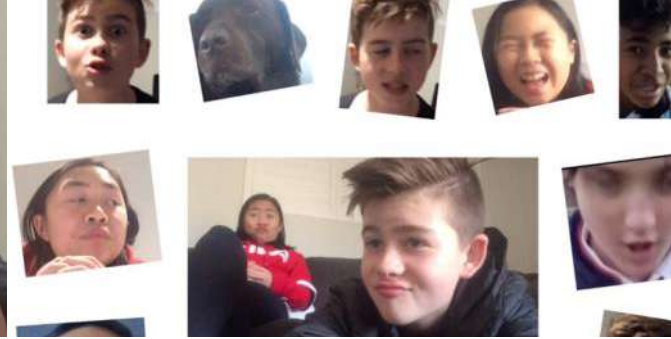
8. Rebrand the term ‘chore’ as ‘help’

The term ‘chore’ definitely has an image problem. Use the term ‘help’ as it is easier on the ear and really does indicate what you want from your kids”.

Please let me know if you have any questions.

Thank you.

John Cardamone - Leading Teacher in Social and Emotional Learning
‘Social and emotional learning...’It’s everyone’s business!’



“We asked ex-Hillsmeade students about their transition to Year 7...”

What do you wish you knew about high school when you were in Year 6?

Tom N: The uniform is bad

Jack W: There are so many tests

Jack H: The expectations are higher

Nathan Z: Being organised for all your classes

Ricky D: Just that it's so different

What's the worst thing about high school?

Tom N: Getting in trouble

Jack W: The teachers

Jack H: The teachers writing your name on the board for no reason

Nathan Z: CAT tests

Ricky D: Canteen food

What's the best thing about high school?

Tom N: Independence

Jack W: The sports academy

Jack H: There are shorter sessions

Nathan Z: Canteen

Ricky D: The facilities around the school

What's the biggest different between primary school and high school?

Tom N: The teachers are stricter

Jack W: You get more homework

Jack H: There's higher expectations

Nathan Z: More teachers for different subjects

Ricky D: You move around more between the classrooms

“and this is what they told us!”

Jaz L and Kobe S (with support from Darrence M, Seth W, Levi C and current Hillsmeade student Archer S)

Homework

Jaz: Hey guys, I'm going to be talking about homework. So homework is good if you know how to manage your time. Maths in our class is the only subject we get extra homework in. The other subjects, you basically just get homework for the things you haven't done... or projects.

Transition

Jaz: Now transition was a very big part of going into Year 7. So we are going to share our personal experiences on transition.

Jaz: I was nervous because you didn't know what to expect, but once I got settled in, I actually had a great time and high school's been really great. Don't be nervous.

Kobe: When I started high school I was excited but also really nervous at the same time. I remember thinking that it was going to be terrible, that I'm going to drown in homework, but it was nothing like that at all. I had so much fun when we had camp, like, I loved it. It was just so welcoming. Everyone was nice and then I was like, I also remember thinking 'I'm just going to stay with my Hillsmeade friends, I don't want to make any new friends' but I actually made SO MANY new friends and I'm really happy for that because I enjoy myself so much.

The Songs

Kobe: You know, I think one of the most important things you need to remember is the songs. You need to remember the songs. Like I know it sounds silly but all those songs we learned in Grade 6 are literally lifesavers. We had an integers test on Thursday and I got to one of the questions and I was like, uh oh, and I just sang it... I was like, 'we will always remember...' and I got to a part and I was like, ooooh, and guys, I got the question right!

What you Can Expect

Jaz: So what you can expect at Alkira, or in Year 7, is that it's horrible, we don't like it.

Kobe: Everything's bad, the uniform is soooo uncomfortable.

Jaz: It's not even warm

Kobe: No one has fun, I had no fun at camp, I have no friends...

We're joking guys! We're joking!! High school is actually amazing!

What you can actually expect from high school is

Jaz: Camp, making new friends

Kobe: A lot of fun

Jaz: Lots of fun

Kobe: Colour run if you're lucky enough

Jaz: Production – a musical if you're lucky enough and lots of extra-curricular activities.

And if you make it into sports academy, lots of sports... if you make it into master class

Kobe: BRAINS!

Jaz: And that brings us to the end of

Kobe: What Year 7 is going to be like

Jaz: Thank you for watching

Kobe: We hope you enjoyed



CONGRATULATIONS TO OUR HILLSMEADE HEROES

Prep A	1/B	2/A	3/A	4/B	5/A	6/A
Alice D	Emily M	Adeeb	Eli D	Toby B	Tarrant G	Grace D
Kyson C	Leo A	Ayaan	Deegan C	Zahra M		Ezri C
Prep C	1/C	2/B	3/B	4/C	5/C	6/B
Chaduer L	Jaden M	Khang L	Madiha A	Arayna G	Chloe H	Matt D
Lucy J	Elnaaz R	Ayaan B	Oliver S	Mahtab S	Joshua M	Tyce N
Prep F	1/D	2/E	3/D	4/D	5/D	6/C
Jethro R	Anay T	Milly J	Zolyka A	Hayden T	Mia D	Lachlan L
Samara N	Connor B	Jacinta R	Aishah S	Eva R	Seth M	Anisa A
		2/F	3/C	4/E	5/E	6/D
		Nazdana R	Eli C	Shae O	Gurnal	Aahana G
		Taliyah N	Lucas S	Jaceya C	Olivia	Shaelee D
			Lina J	Mahdiah	Nikolas	
			3/E			
			Ali B			
			Jackson H			
			3/F			
			Jamil			
			Musa			

FROM MS TOOBA

والدین محترم ،
بخاطر داشته باشید که مکتب به تاریخ ۲۸، جون ۲۰۱۹، به ساعت ۲:۳۰ بعد از ظهر تعطیل میشود . لطفاً تا ساعت ۲:۴۵ بعد از ظهر اطفال تان را مکتب بردارید .
مکتب برای ۲ هفته تعطیل میباشد و دو باره بتاریخ ۱۵ جولای، ۲۰۱۹، آغاز میشود .
رخصتی های خوش و محفوظ.
خانم طوبا آرام .

NEWSLETTER SURVEY

Thank you to everyone who participated in the newsletter feedback survey. We received 219 responses. The results were overwhelmingly positive and have provided us with valuable information to improve and re-evaluate how we communicate with our school community.

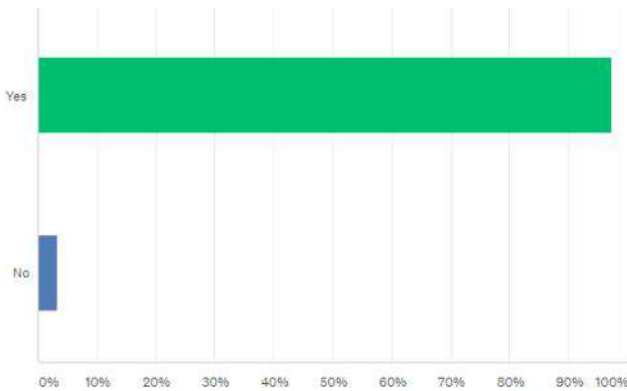
Stay tuned for some changes!



83% of respondents think 'The Link' is the right size.

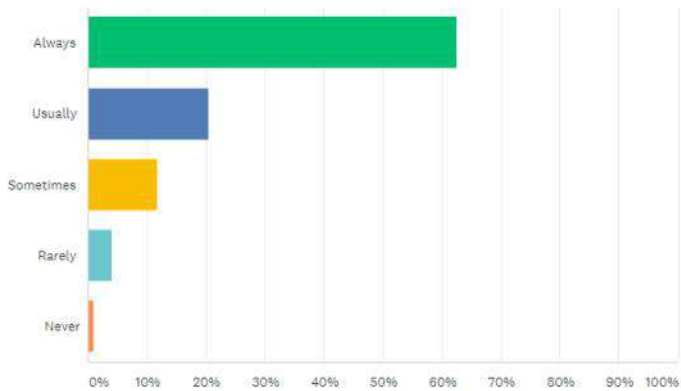
Did you know Hillsmeade Primary School publishes a weekly newslett...

Answered: 219 Skipped: 0



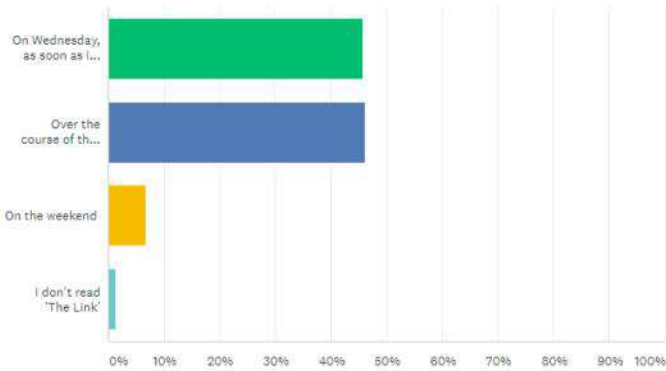
How often do you read 'The Link'?

Answered: 219 Skipped: 0



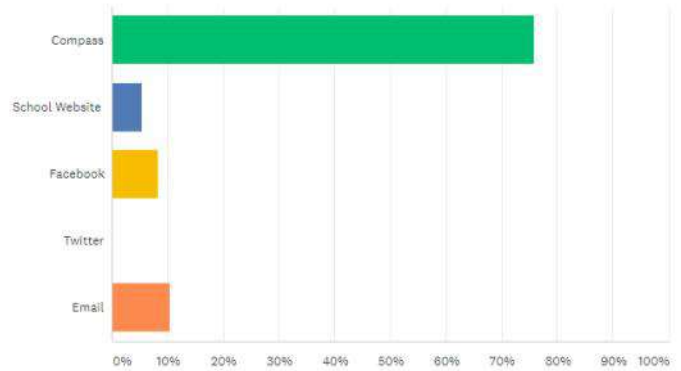
When do you read 'The Link'?

Answered: 219 Skipped: 0



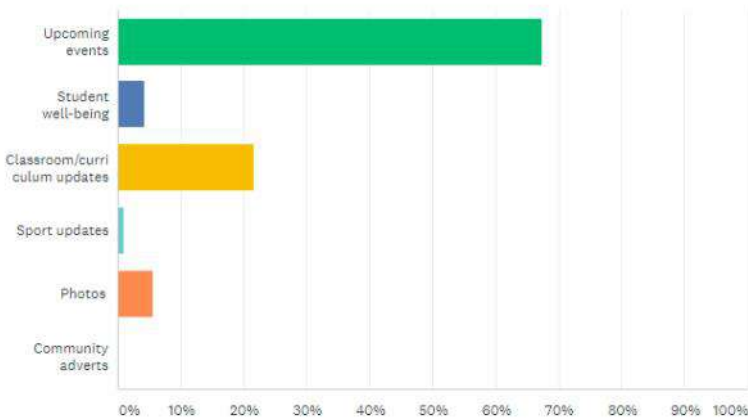
How do you access 'The Link'?

Answered: 219 Skipped: 0



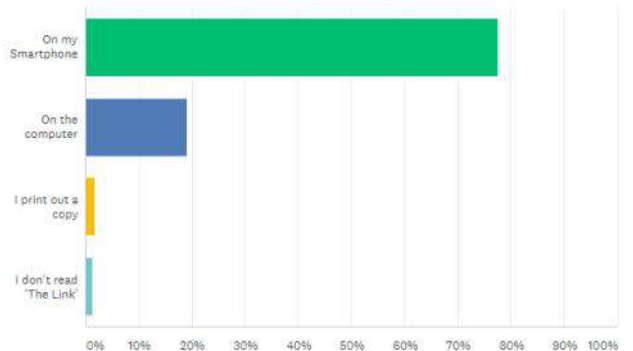
What information in 'The Link' is of most interest to you?

Answered: 212 Skipped: 7



How do you read 'The Link'?

Answered: 219 Skipped: 0



ACTIVITIES THIS WEEK!



Promoting Resilience, Courage and Respectful Relationships and Taking a Stand Against Bullying!

"I learnt that there are four different bullies' names social, verbal, physical and cyber. I also learnt that bullying is not ok." Terrance 4A

"I learnt that there are different types of bullying physical, verbal, cyber and social. You shouldn't bully others if they are different to you." Zahra M 4B

"On Tuesday 17th June, we went to Bully Zero incursion—it was good learning how to help someone who is being bullied and if you just watch it you are a bystander. If you need to you can just walk away as well and support the person being bullied." Sam L 4B

Now I know there are four types of bullying – physical, social, verbal and cyber – Michael 2A

Don't join in with bullies, be a positive bystander – Sienna 2A

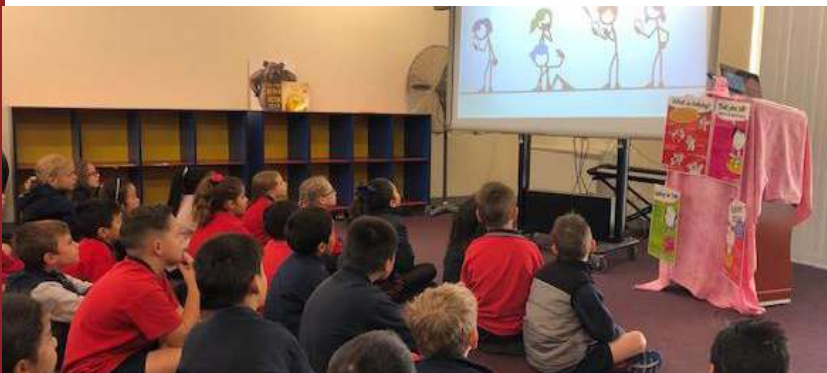
Be a Mighty Meerkat, they defend people who are being bullied – Lachie 2A

If you are being bullied, it's important to tell a parent or teacher – Mahli 2A

You can always walk away from a bully – Zaine 2A

If you are getting bullied you can say STOP! – Soman 2A

Stick up for your friends – Trinity 2A



Being BRAVE

"The play about being Brave was to help people understand that things can be hard but you can always try and get through and do your best. It was really fun to watch the play and near the end Fly let his birds go and had his memories and talked to his dad on email, he was BRAVE to do this! I loved it." Paige Q 4D

"I learnt that being brave means it's also ok to cry. Being brave can also be about memories and letting things go." William 4A

"I learnt to encourage to be brave. Being brave also means that is ok to cry." Tiresa



"The first song was the best!" Riley M 1A

ACTIVITIES THIS WEEK!



“I learnt that when you talk to Kids Helpline they help you breath and calm down and sometimes adult phone as well. Usually people ring because they are sad and a bit stressed worrying about things.” Samuel 4B

“I liked it because the lady we spoke to in Queensland told us how many kids call a day and what they are feeling. If you ever feel uncomfortable or need someone to talk to they can figure out ways to help you.” Charli 4A

“We heard from kids Helpline and it was good to know a little bit more about Kids Helpline and if I’m ever feeling anxious I can call them and some calm down strategies and how to control your emotions.” Hayden T 4D



Managing Emotions



Respectful Relationships Online

GUITAR ♡ LESSONS

Guitar lessons are offered at Hillsmeade to students in Grades 1-6

Lessons conducted during school hours by qualified guitar tutor Jesse King
(Diploma Music Composition, CertIV Training Assessment & Education)
 Cost: \$28 per 1/2 hour private lesson - NOW TAKING TERM 3 ENROLMENTS

Please contact Music Teacher Mrs Lisa Scott or contact Jesse directly on 0404 697 772 / dep_17@hotmail.com

Every Tuesday is: School Banking Day

PROJECT MAGNET

PULLING TOGETHER TO SUPPORT
OUR CHILDREN'S FUTURES



Contact the team for more information and
to get involved!

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

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 an eligibility form:

<https://tinyurl.com/monashmagnet>



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



The 'Strong Culture, Good Health' Koorie holiday program is funded to provide young Aboriginal people with the opportunity to participate in social and physical activities that are inclusive of culture.

WEEK ONE

BOOKINGS CLOSE FRIDAY 28th JUNE
(UNLESS BOOKED OUT PRIOR)

TUESDAY 2nd JULY
TRAMPOLINING

Venue: Xtreme Air
Time: 10:00am - 11:30am
Cost: Free
Transport included (see back of flyer)
BYO snacks & drinks

WEDNESDAY 3rd JULY
MINI GOLF

Venue: Dingley Village Adventure Golf Course
Time: 9:30am - 10.50am
Cost: Free
Transport included (see back of flyer)
BYO snacks & drinks

WEEK TWO

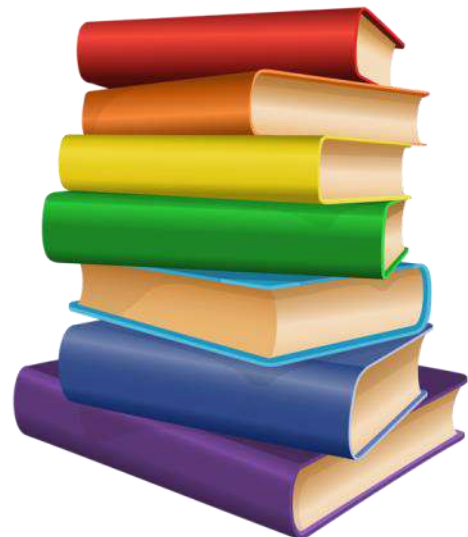
BOOKINGS CLOSE FRIDAY 5th JULY
(UNLESS BOOKED OUT PRIOR)

TUESDAY 9th JULY
SNOW DAY

Venue: Lake Mountain Ski Resort
Time: 9:00am - 3:00pm
Cost: Free
Transport included (see back of flyer)
Lunch & small snack provided.
IMPORTANT: Cold, alpine conditions.
Please dress in warm clothes: weatherproof
gloves, scarf, beanie, parker essential.
Please advise us during booking if this is a
problem as we may be able to help.

FRIDAY 12th JULY
MOVIE "Spiderman: Far From Home"

Venue: Cameo Picture Theatre
Time: 10:00am - 12:30pm
Cost: Free
Transport included (see back of flyer) Snacks
& drink provided. BYO water.



We have recently purchased some fantastic new books for our classroom libraries. If you are able to assist with book covering to help protect these resources, please see Sarah Smith at the office. Thank you!

A NOTE FROM SICK BAY— A HEALTHY DIET!

<https://www.betterhealth.vic.gov.au/health/HealthyLiving/food-variety-and-a-healthy-diet?viewAsPdf=true>

Contact City of Casey

T: 97927378

NRS: 133 677 (National Relay Service)



Casey Aboriginal Gathering Place

TIS: 131 450 (Translating and Interpreter Services)